

# **Jennifer Fernjack's Inspiring New Book Greater Than Explores the Power of Emotional Grit**

Featuring an Exclusive Interview with Emmy Award-Winning Host Kate Delaney on America  
Tonight Radio



# GREATER THAN

THE POWER  
AND STRENGTH  
OF EMOTIONAL GRIT

JENNIFER FERNJACK

**Edina, Minnesota Aug 28, 2024 ([IssueWire.com](https://www.issuewire.com))** - Author and keynote speaker Jennifer Fernjack presents her transformative book, [Greater Than](#), which offers readers practical insights into overcoming life's challenges by harnessing emotional grit. Highlighting the importance of embracing fear, perspective, and gratitude, Fernjack's work invites readers to discover their inner resilience during life's most trying times.

Most people believe that bravery is defined by the absence of fear. However, in *Greater Than*, Fernjack reveals that courage often means persevering despite being afraid. Drawing from her personal experiences, including a medical scare, she shares strategies for changing how we respond to fear, enhancing our well-being through optimism, and finding strength in the small joys of life like music, laughter, and acts of kindness.

The book's key takeaways include:

- Techniques to face fear by embracing it rather than avoiding it,
- The science behind how optimism can reshape brain chemistry,
- The role of gratitude and perspective in navigating tough times.

Jennifer Fernjack's message of emotional grit has resonated with audiences around the globe, from medical conferences and corporations to virtual events across Australia, Canada, Europe, and more. Her work has been featured on NBC affiliate KARE11, and she shared the scientific foundation of *Greater Than* at a 2022 neuro-oncology conference in Hamburg, Germany.

In her recent radio interview on America Tonight with Emmy Award-winning host Kate Delaney, Fernjack dives deeper into the principles of her book, offering listeners practical advice on cultivating resilience. The conversation captures the essence of how small shifts in perspective and emotional strength can lead to significant life transformations.

Podcast:

<https://on.soundcloud.com/PKnFcaNbwGq2fvB7>

Youtube:

<https://youtu.be/nE3xKA4r-w8>

For more information, visit [Jennifer Fernjack's Website](#) or her [YouTube Channel](#) to explore more resources and insights into emotional grit.

*Greater Than* is available now on [Amazon](#) and other leading online retailers.

Publisher: Kirk House Publishers; First Edition Published Date: August 31, 2021

ISBN-10: 1952976278

ISBN-13: 978-1952976278

### **About the Author:**

Jennifer Fernjack is an author, keynote speaker, and podcast host who delivers impactful messages on emotional grit. Her work has reached diverse audiences across the U.S. and internationally, including settings such as the Mayo Clinic, HealthPartners Neuroscience Center, and major corporate events. Her unique perspective, drawn from personal experience and scientific research, empowers individuals to confront challenges with courage and grace.

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Source : Great Writers Media

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