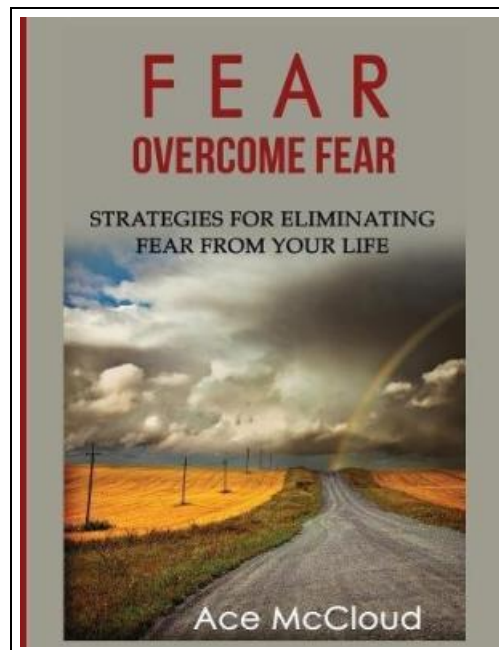


## Fear: Overcome Fear: Strategies for Eliminating Fear from Your Life (Hardback)



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Pro Mastery Publishing, 2017. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you tired of fear ruining your life? Do you ever wonder how much you have missed out on? Whether you want to (1) have solid strategies for overcoming fear, (2) be confident, or (3) just start truly living again, this book will teach you everything you need to know. Put an end to nervous panics, sweaty palms, and uncontrolled thoughts. Wouldn't it be great to be able to approach the obstacles in your life without anxiety and fear holding you back? Wouldn't you be thrilled to stop the constant doubts and fears that continually harass you in those certain situations? Even though this may seem impossible at this very moment, it is indeed possible. It won't happen overnight, but if you begin today to practice the key tactics I describe in this book, there is every reason in the world to embrace with confidence the knowledge that you will be able to master your fear. Put fear in its proper place. Your mind is a marvelous tool. You can use it to your advantage to short-circuit the fear in your life. In this book you will learn valuable psychological tricks that can actually fool your fear into letting go. These powerful tools, when used daily, will begin to diminish your fear, and over time crush it out of existence. Use your personal strengths to your advantage. When you face your fear on a regular basis, it builds incredible strength and character within you. In this book I will show you how to build up your internal resources so that you will have the courage to face your fears. The more you do this, the less power your fear...



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