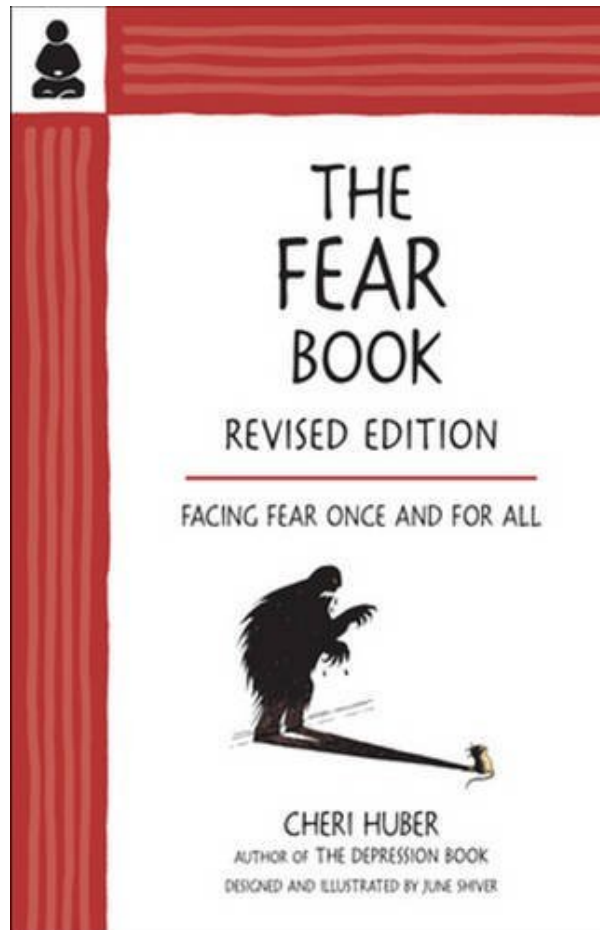
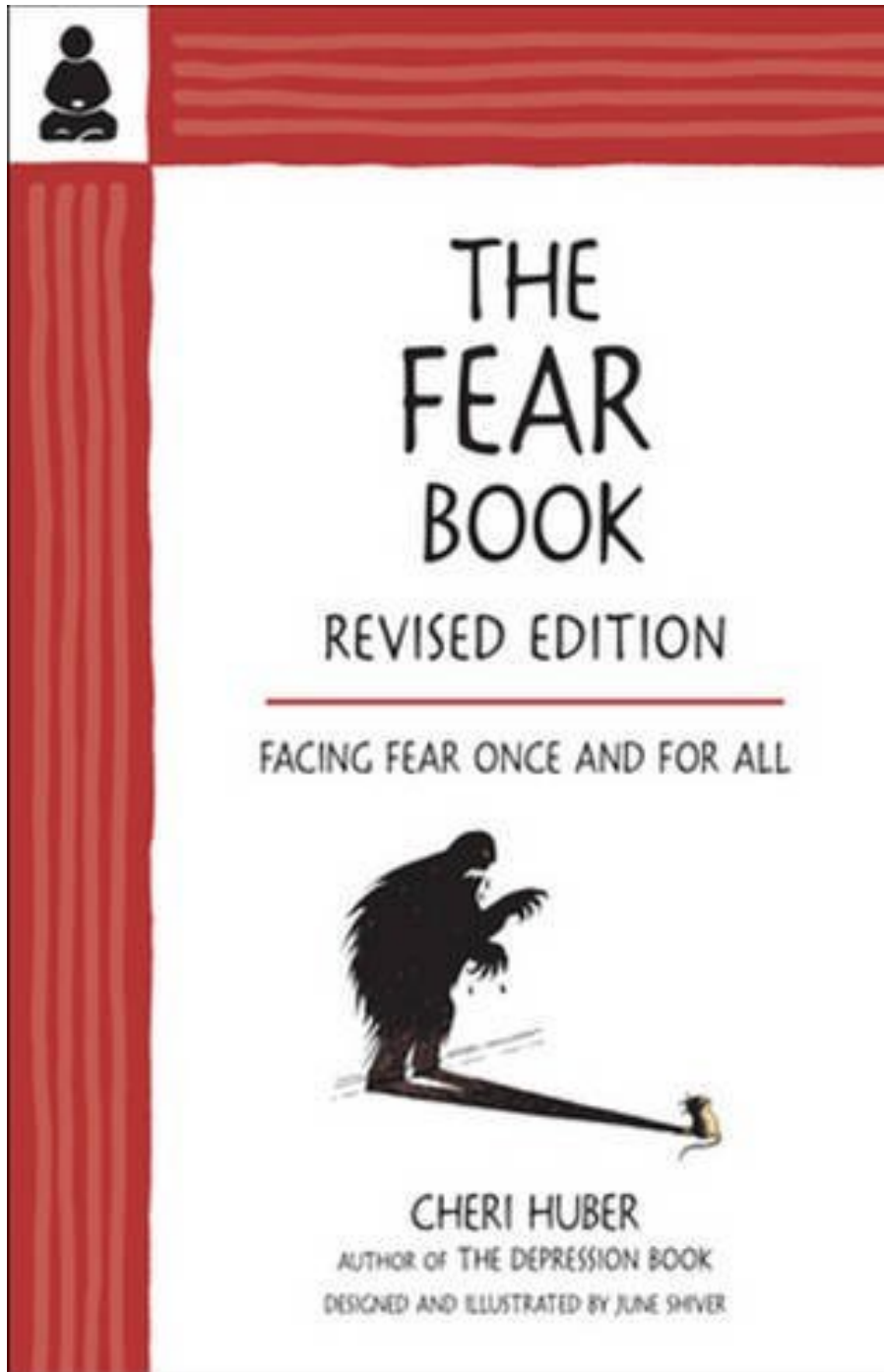


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Rather than explaining typical strategies for overcoming fear, this book examines how fear is an experience, how to recognize that experience as nothing more than conditioned reaction to circumstance, and how to mentor oneself into letting go of beliefs about "appropriate" responses to fear. The notion is debunked that fear is anything other than a label we have learned to put on a set of physical and emotional responses, which is a Buddhist view of emotion in general. The revised edition expands on many points and includes a series of exercises and new illustrations for recognizing fear for what it is and overcoming its devastating effects.

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Features

- The Fear Book Facing Fear Once and for All

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One of my favorite books of all time

By Sequoia Shiatsu

This is one of my most favorite books ever.

It has helped me so much over the years, to stand back and get a different perspective on life and how to live it.

I love the book so much that I have bought it for several friends for gifts.

I re-read it over and over again over the years.

The book is written in BIG print, as if it is a children's book, so it is very easy to read. It also has cute yet poignant illustrations.

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Was hesitant, but took a chance!

By PetraArkanian

Simple and comprehensive. Breaks down simple situations, and sheds light on factors of anxiety that we

don't consider, such as interpreting pain or sickness as anxiety in the early stages. It helps you to start analyzing what the source of your fear is instead of how to just deal with this nameless emotional attack. Seems like, "things I should know" but it has always helped me to have those things worded differently, and have myself feel more validated.

1 of 1 people found the following review helpful.

the fear

By Yehudit Tzur

One of the major problems of mankind is dealing with fear. Writer Cherry Huber takes us on a journey where she shows us step by step how to meet the fear and how to deal with him. The fact that the book is Handwritten - that itself creates an intimacy with the reader. Cheri comes from a place of compassion and unassuming , you feel it in every page. Throughout reading the book I hung on every word to be able to internalize the innovative insights that are actually taken from the world of Buddhism. All my booklet is highlighted with a marker, so when I'll return to it I'll remember the special things I've learned by this amazing woman. No doubt this is a book that we have to come back to it countless times to make it part of our consciousness.

Strongly recommend, make this book as a guide to daily life!. Yehudit Israel

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