

The Fear Book: Facing Fear Once and for All



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Reviews

*It is a single of the best book. This is for those who state there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Dr. Barney Robel Jr.)*

THE FEAR BOOK: FACING FEAR ONCE AND FOR ALL



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Keep it Simple Books,U.S. Paperback. Book Condition: new. BRAND NEW, The Fear Book: Facing Fear Once and for All, Cheri Huber, Rather than explaining typical strategies for overcoming fear, this book focuses on examining how fear is experienced, how to recognise 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.



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