



## Fear: Enjoy a Life Without Limits - Anxiety, Mindfulness, Suicide & Shyness (Paperback)

By Susan D Winters

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. Your Definitive Guide to Living a Life Free of Fear! Is it really possible to live less fearfully? Can this book help you feel better about yourself? With Fear: Enjoy A Life without Limits - Anxiety, Mindfulness, Suicide & Shyness, you'll get the help you need. You'll learn what fear really is and how you can fight it. When you order Fear: Enjoy A Life without Limits - Anxiety, Mindfulness, Suicide & Shyness, you'll learn about The Fearful Five and how to defeat them! Experts believe that all fears can be boiled down into these five categories: Extinction Mutilation Loss of Autonomy Separation Ego-Death What can you do to stop these fears from taking over your life? Once you know your enemy, you'll know how to fight back. Fear: Enjoy A Life without Limits - Anxiety, Mindfulness, Suicide & Shyness will take you by the hand and give you the knowledge and strength you need to feel better about yourself. It's time to knock your fears down, change your attitude toward fear, and start feeling more confidence and freedom! Hurry! Order Fear: Enjoy A Life...

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