Fear can hold you back from doing something that you know within yourself that you're capable of doing but it will paralyze you . Les Frazier: Most people are not living their dreams because of fear . Fear is the most subtle and destructive of all human diseases. Fear kills dreams. Fear put people in the hospital. Fear can age you. Fear puts you in a nursing home sitting on a bedpan wondering what would've happened if you'd only had more courage . You don't have as many opportunities in life to take a gamble and allow life to play you you must play life. You've got to make some conscious effort to begin to work to develop you. Start listening to tapes on a daily basis to . begin to recondition your mind to re-train your thinking. Listen to things that can empower you When they've hit rock bottom hit the bottom of the barrel they got nothing left . It's at that point when everything's lost that everything can be gained . You've got to remind yourself I know I got what it takes to do this. And it's necessary that you go at it with everything in you pulling deep down within challenging yourself. Once you have that belief that it's so strong that it overrides the crowd's disbelief the adversities, anything you welcome that sh\*t because that right there is supposed to f\*cking happen. Your worst hour of despair becomes your best as you get back up you learn from that. And you continue to put one foot in front of the other.