



Beating Fear: How to overcome any fear and live life the way you want!

James Jenkinson

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Beating Fear

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You're about to discover how to overcome fear once and for all, and begin living life the way you want! Psychological studies have shown that we are born with only 2 fears - The fear of loud noises, and the fear of falling.

All other fears are created as a result of our experiences as we grow and go through life.

This book covers how you can better understand the cause of your fears, and gives strategies for overcoming them for life!

Whether it's a fear of heights, public speaking, or flying, this book can help!

Here Is A Preview Of What You'll Learn...

- What causes fear
- How fear works
- What are you most afraid of and why
- Conquering fear
- Staying fearless
- Much, much more!

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Tags: fear, overcoming fear, beat fear, beating fear, no fear, fear book, fearless, fear nothing, fear of falling, fear rejection, stop fear, stopping fear, overcome fear

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