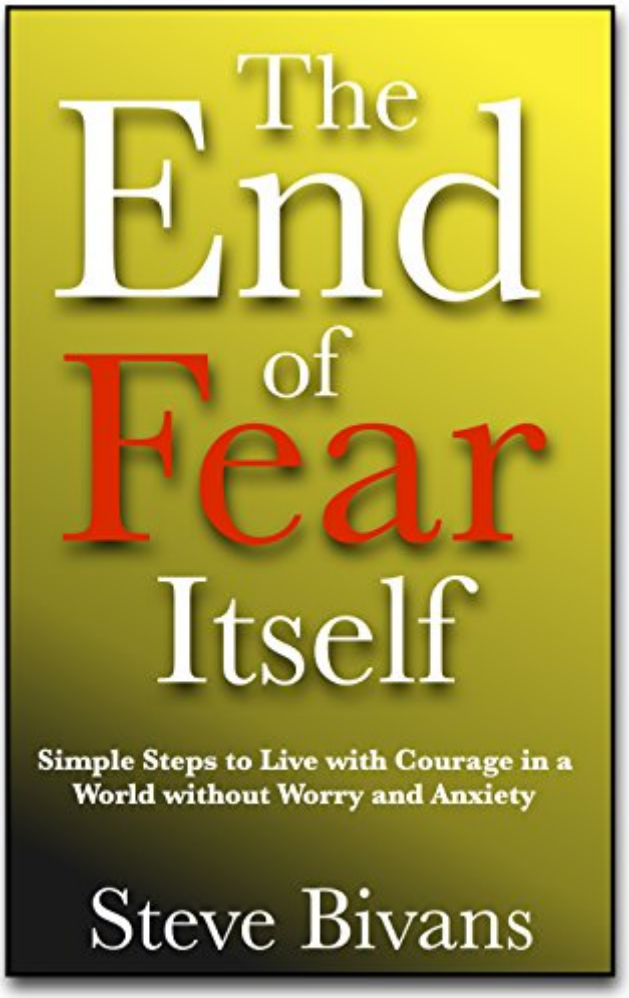
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The End Of Fear Itself: Simple Steps To Live With Courage In A World Without Worry And Anxiety



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Synopsis

Ever thought, Ã¢â ¬Å“IÃ¢â ¬â„¢m not good enough to do (fill in the blank)Ã¢â ¬Â•?Ever feel depressed? Inadequate? Worthless? Stuck?The Fates are against you?Do you have big dreams that seem illusive?Is there something you're not doing, right now, that you really want to do, feel you should do, or need to do to achieve success in some area of your life? In your work, your business, your love life, your relationships, your mental & physical well-being?Why aren't you doing it? Procrastination?But why procrastinate?IsnÃ¢â ¬â„¢t it really something else?Are you afraid you're not qualified, knowledgeable enough, smart enough, or strong enough to be successful?Worried about criticism? Anxious that the people around you, your family, your friends, will not support your goals?Is success just too difficult to achieve?Is the process just too long, and you're not sure where to start?Would you love to make a difference in the world, but think the problems are too many, too complicated?Steve Bivans demonstrates that there is only one thing blocking you, your friends, family, and every human on the planet, from success.One thing stands between where you are and where you wish to be.One thing drives all the major conflicts and problems on Earth: Fear.You can call it worry, anxiety, stress, or f*#kinÃ¢â ¬â„¢ hoodie-googoo, but all it really is, is Fear.Steve examines our deepest fears, worries, and anxieties and offers real-life, practical, no bullsh*t exercises from some of the leading, scientific minds in the fields of positive psychology, business and life-coaching, diet and self esteem therapists, and the worldÃ¢â ¬â„¢s great philosophers, that will transform your mindset and your life.What youÃ¢â ¬â„¢ll find inside the book:The secrets to how Fear works; and believe it, or not, itÃ¢â ¬â„¢s not complicated.How to deal with and get rid of anxiety.How to stop Overthinking and overcome out-of-control negative thoughts.How to beat the Big Fears: Fear of Loss, Fear of Failure, even Fear of Success! (Yeah, itÃ¢â ¬â„¢s a real thing)Real-life stories of people who have faced their Fears and kicked ass!How to use the Power of Story-telling to rewrite your negative past, and crush your fears.The hidden-in-plain-sight, secret Fear, our deepest Fear, and how to dig it up, smash it, and live a Fearless Life.Simple, quick, and easy-to-follow steps to banish your fears and worries, forever. In a few minutes per day, over the course of several weeks, youÃ¢â ¬â„¢ll be on your way to mastering your Fears and transforming your life!Remember: Courage is not the absence of Fear, it is the bravery, the will, and the ability to keep moving in spite of it. Nothing can stop you but Fear Itself. Are You ready to live a Fearless Life? Then Scroll back up and click Ã¢â ¬ËœBuy Now!Ã¢â ¬Â•

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Customer Reviews

There couldn’t be a more perfect time than NOW to read this book.As every sort of mainstream media gives us the illusion that doom and gloom rule in this world, Steve assures us of the Truth~ that by understanding what fear is and how it works, we can choose to take that magnificent first step towards the actual release of fear in our lives and live in a state of focused mindfulness and joy. Yes ~ Fear is a choice. Don’t choose it.I hope everyone struggling with any sort of fear in life will get a copy of "The End Of Fear Itself" ~Really ~ get this book.Read it.I mean it.

Wow. This is just amazing. I struggle with fear and I let it go. This book really touches my heart. The stories that are told in this book are true because I was that girl running from the wolf!! It wasn’t easy I had a great friend to coach me along telling me that I don’t need that. You have to find your happiness within. This book will help you coach you to be a stronger person who can face fear. I did it and I’m alive! Trust me dealing with fear doesn’t happen overnight. But you continue to tell yourself you are a good person you believe in yourself and you don’t let fear stop you from being who you are. Thank you for this great book !!! If you are a person who has dealt with domestic

violence please read this book. If you are a person who deals with fear please read this book. I promise you it will change your life.

Life presents the option all day everyday to choose Love or Fear. Whether we're limiting ourselves with our own personal fears or responding to someone else in fear (anger, jealousy, inappropriate voice, etc.) we're in Fear. Thanks goodness Bivans had the courage to embrace his and share what he learned in his own dance with fear.

Author Steve Bivens clearly and understandable guides his reader to not fear.....fear. Wonderfully written-- keeping the reader knowing they will recognize their fear before it has a chance to control one's life. Fear is useful and can teach us many things about life. Mr. Bivens guides us to make this happen.

Thoroughly enjoyed this book and the author's unique style. Extremely good advice on conquering our fears and letting go of negative mind sets. Highly recommended!

I bought this book today because I realized that maybe I really do have a fear ofSuccess. I found the first half of this book quite simple, but the second halfI found to be fantastic.In one of Castaneda's books, a character says that all paths lead to nothing, soChoose a path with heart. If memory serves me that is.This book talks a lot about living in the now, and not in the future or past.I need to mention that there really is no such thing as time, and the futureAnd past do exist. Sometimes events like the birth of Christ are so significant,That they send waves in each direction. This is called event horizon.I think the author should stick with zazen or Zen meditation, as that will payDividends in the future.The fear of inadequacy section was very good, since most problems are due toLow self-worth and not lack of skill or talent.Overall a good book.

I can't imagine anyone not benefiting from reading this book. I've fought the fear demon most of my life and this was a new a fresh look at a subject that rarely is addressed. This author not only addressed the fear that stops us dead in our tracks, but he does it in metaphorical way that is both entertaining and thought provoking. I especially loved the way the author leads with a story that grabs the reader. Then you brings you full circle to look your fears in the eye and see them for what they are. This stuff should be taught to our kids.

I learned about my fears, including one's that that I didn't know I had. I need to use the tools in the book to get passed my fears that have sat in my head for a long time, both unsaid and unknown.

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The End of Fear Itself: Simple Steps to Live with Courage in a World without Worry and Anxiety Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS-30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear Binding the Spirit of Fear, Worry and Depression: Divine Revelations and Powerful Prayers to Bind and Cast Out Fear, Worry, Depression & Panick Attacks from Your Life Permanently Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety Declutter Your Mind Now - 22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life: How To Eliminate Worry, Anxiety & ... A Richer Life (Decluttering Secrets Book 1) The Worry Cure: Seven Steps to Stop Worry from Stopping You The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear, and Worry The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) Anxiety Relief: - Relax the Body- Calm the Mind- Manage Fear and Worry- Cultivate Positive Energy

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