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The Fear Book: Facing Fear Once And For All



Synopsis

Rather than explaining typical strategies for overcoming fear, this book examines how fear is an experience, how to recognize 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. The revised edition expands on many points and includes a series of exercises and new illustrations for recognizing fear for what it is and overcoming its devastating effects.

Book Information

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Customer Reviews

Cheri Huber is the founder of the Zen Monastery Peace Center in Murphys, California. She is the author of 22 books, among them the widely read *There Is Nothing Wrong with You*, *The Depression Book*, *The Key*, and *Transform Your Life*. She lives in Murphys, California. June Shiver has been a student of Zen Awareness Practice for 35 years.

This is one of my most favorite books ever. It has helped me so much over the years, to stand back and get a different perspective on life and how to live it. I love the book so much that I have bought it for several friends for gifts. I re-read it over and over again over the years. The book is written in BIG print, as if it is a children's book, so it is very easy to read. It also has cute yet poignant illustrations. Love it. If this review was helpful for you, please feel free to push the YES button, or leave a comment, so I can know that my reviews are useful :)

Simple and comprehensive. Breaks down simple situations, and sheds light on factors of anxiety that we don't consider, such as interpreting pain or sickness as anxiety in the early stages. It helps you to start analyzing what the source of your fear is instead of how to just deal with this nameless emotional attack. Seems like, "things I should know" but it has always helped me to have those things worded differently, and have myself feel more validated.

One of the major problems of mankind is dealing with fear. Writer Cheri Huber takes us on a journey where she shows us step by step how to meet the fear and how to deal with him. The fact that the book is Handwritten - that itself creates an intimacy with the reader. Cheri comes from a place of compassion and unassuming, you feel it in every page. Throughout reading the book I hung on every word to be able to internalize the innovative insights that are actually taken from the world of Buddhism. All my booklet is highlighted with a marker, so when I'll return to it I'll remember the special things I've learned by this amazing woman. No doubt this is a book that we have to come back to it countless times to make it part of our consciousness. Strongly recommend, make this book as a guide to daily life!. Yehudit Israel

Easy to read, when you're ready to get real about the reasons or excuses for fears that you're going through. Application is a bit harder, but sooo worth it!

I love this book! Written simply and clearly - Cheri gets to the heart of the matter - and helps you rediscover who you are.

There was nothing I disliked about this book. It has brought me so much joy. I feel like I've come out of my shell and done things I was afraid of doing but not anymore. I do things even if I'm afraid. I love it. I will be reading it again as well.

Ms. Huber nails the fear in a zen-like way. It's a very honest, beautiful and eye-opening book. I have read it and probably will re-read it a few times. It's a fairly quick read, but gives a lot to ponder about.

This book is incredibly simple on one level and incredibly profound on another level. I do a lot of 12 Step work and Cheri's book on fear parallels some of the writing in the Big Book (the AA "bible") When you have fear you get angry and the anger triggers resentment. Most people don't

even know they are living in fear! And they're really p--sed off people. Go get this book-and only read a couple of pages at a time so you can take in the insight/wisdom.

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