



Starve Your Fear: How To Escape The Silent Grips Of Fear And Thrive, Starting Today.

Craig Desorcy

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"You will be inspired to improve the quality of your life as you close the last page of this book" - T Tagg

What if I told you that you were addicted to fear? Sounds ridiculous, doesn't it? But it's true. In order to feel safe and at peace with our decisions, we've become reliant on heightened emotions and instant reactions, which are fed by TV news, radio, online posts and print messages designed to pull you in and prey on your worst fears.

You're being hit by all sides with self-doubt, hesitation and worry - and you're being victimized without even being aware of it.

Starve Your Fear helps you identify trigger points and eliminate obstacles that spark anxiety in your daily decision making. Craig Desorcy will show you how to get out of your head and start living fearlessly – not by eliminating fear, but by harnessing its power to work for you, rather than against you.

You'll discover how awareness and simple action steps can cultivate a sense of empowerment and personal satisfaction so that you can say goodbye to fear ruling your life.

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Carrie Hunter:

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