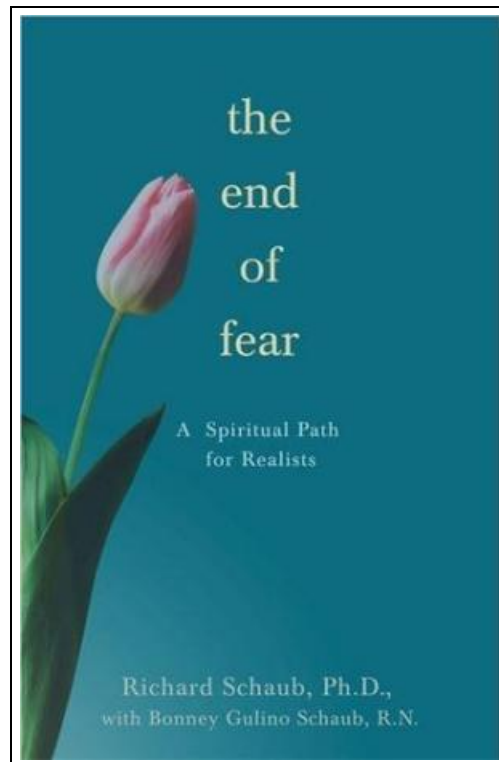


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THE END OF FEAR: A SPIRITUAL PATH FOR REALISTS (2ND)



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Hay House Inc. Paperback. Book Condition: new. BRAND NEW, The End of Fear: A Spiritual Path for Realists (2nd), Schaub, Richard & Bonney, Why are we afraid? Why do we dwell on worst-case scenarios, lie awake in anxiety's grip, and react to minor mishaps as though they threaten our very survival? Chances are you don't envision the world's or your own catastrophic end on a daily basis; however, we are all routinely altered by fear - from simply feeling nervous about a new experience to repeatedly rethinking a critical comment. In The End of Fear, Richard and Bonney Schaub explore the origin of fear down to its root and posit that it grows out of our innate love of life. They teach that fear is so influential because deep down we know that our life is unpredictable and that we are all vulnerable; we risk change and loss at every moment. Using examples from their lives and those of their patients, the Schaub draw upon their 30 years of experience as psychotherapists to explore the common methods people turn to in order to cope with their basic vulnerability. Once we stop fleeing from or fighting fear and instead face it with compassion, we'll be free to realise and achieve our full potential for peace, joy and love. 'A masterpiece for reducing fear and finding balance in one's life-one of the most elegant, clearest, and effective treatises available.' - Larry Dossey, M.D., author of The Power of Premonitions 'If you thought one small book could not change your life, read The End of Fear .and be glad.' - Richard Grossman, author of Choosing & Changing and The Tao of Emerson.



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