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Fearless: Release Your Inner Power



Synopsis

Fear is the greatest obstacle standing between where you are, and what you want. Many things are easy in theory, but nearly impossible due to the irrational fear that holds all of us back. The good news is that by understanding the split second, unconscious decision making process that creates fear, we can learn to short circuit it. With proper understanding, visualizations and practice, you can slowly but surely eliminate fear from all areas of your life. Once fear has been removed, getting whatever you want will be as easy as leaning over and picking up found money on the street. Get this book now, and start eliminating fear immediately.

Book Information

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Customer Reviews

Below is my review of the book: What if you were told that you could unpackage fear and dismantle it? Fearless-Release your inner power, teaches you how to hack your fear centre and get out of your comfort zone. By understanding your unconscious decision making process which leads to fear, you will slowly change your automatic reaction to your environment. George Hutton also wrote some truths about self improvement books, not being used... this book forces you to take action, there will

be exercises for you to do, DO IT!!! The author really understand things from a reader's perspective about how some well intended books end up on the shelf. Well not this book for sure! It's precise and easy to practice. The book itself is masterfully presented with the techniques clearly elaborated and even has a worksheet for you to practice. Having this book will give you a clear and precise map that you can use to cultivate and practice fearlessness. I have no doubt if you apply the content of the book to your own practice, the benefit will be incredible!! The book gets 5 stars because of its practical exercises.

Never be afraid again!

One of the best self-confidence books I've ever read. For someone who's obviously into NLP and probably hypnosis, the author never uses those two terms at all. His method for uncovering self-sabotaging beliefs has to be seen to be believed. And it's totally original, as far as I know. This is one of the great ones. Well done!

I've always wanted to be a published writer, but something in my past held me back. I've done journaling and other writing that I could keep to myself. But I want to be published and when I've sat down to write, I always found something to do. Until now... After reading and doing the exercises in this book, the ability to sit down to write for publication is gone. To quote Warden Norton from the movie, Shawshank Redemption, upon finding out that Andy Defresne had mysteriously escaped, "He just disappeared! Like a fart in the wind!" That is how I feel right now about my fear of writing, they have practically disappeared. I am doing the exercises because I have faith that my fear will be completely gone in time. As proof, I've never written a review for any book before. Get the book. Do the exercises. You won't believe how much better you'll feel.

Puts life improvement in layman's terms. Quick easy read that can help improve your life. Great value for the price as well.

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