



# Embracing Fear

*Thom Rutledge*

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## **Embracing Fear** Thom Rutledge

It's Time to Take Back Your Life

Fear takes many forms -- dread, panic, anxiety, self-consciousness, superstition, and negativity -- and manifests itself in many ways -- avoidance, procrastination, judgment, control, and agitation, to name just a few. Whether we are afraid of the dark or being alone, of failure or commitment, of public speaking or flying, fear dominates our lives, affecting nearly every decision we make.

Combining compelling stories from the author's twenty-five-year practice, examples from his own struggles with addiction and depression, and practical exercises and tools, *Embracing Fear* does not pretend to teach the impossible and eliminate fear, but rather shows us that once we understand it we can live beyond its tyrannical control. Instead of repressing or ignoring the voices of panic and dread, we learn that it is only through facing, exploring, accepting, and responding to fear that we free ourselves from its paralyzing grip.

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