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Fear can hold you back in your career,  
your relationships, and in achieving your  
dreams. Review the top fears that hold  
people back and identify which fears

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you're determined to overcome 1. The  
Fear of Rejection. Many people avoid  
entering into new relationships or trying  
to meet new people due to a fear of  
rejection.

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The following tips can help you on the  
path to live your dreams. 1. Fear is no

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excuse; we're all afraid. Advertising. It's part of being human. It's what you do in spite of your fear that matters. Look your fear in the eye. Tell it to back down.

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Fears limit our lives. In order to live life to the fullest, you must confront and



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overcome your fears. This document will cover the core human fears shared by all and give you viable tools and strategies to combat your fears and live your best life. "We gain strength, courage and confidence with every experience in which you

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How to overcome your fears Fear lives in the mind. So, ... You can choose one of three directions and save yourself and your shipmates — but each choice comes with a fearful consequence too. ...

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Just because you feel fear doesn't mean  
something negative is going to happen

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to you. It could simply be because of a past situation that left you traumatized.

[Read: How to let go of fear and live in peace] #3 Work on your confidence.

Your fear and how you battle it is highly connected to your self-confidence.

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But fear and insecurity can drive your  
life to do things that can literally change  
the world — and the lives of others for  
the better. Know your insecurities. Know  
your fears.

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7 Ways to Overcome Fear and Live Your Dreams. Remember, the word thought is not synonymous with the word truth. Your thoughts are not necessarily true or important and you don't have to take them so seriously. Think of them like passing clouds in the sky -- they come and they go.

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50 Quotes to Help You Conquer Your  
Fears ... "It is not death that a man  
should fear, but he should fear never  
beginning to live." - Marcus Aurelius, 48.  
"Keep your fears to yourself, ...

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- 1 John 4:18 There is no fear in love. But perfect love drives out fear. - God's love within us has the power to remove and drive out our fears. - Fear is such a stronghold in our lives that it needs to be driven out. - We must deal with fear ruthlessly. - Don't give in to fear and give it a foothold in your life.

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Having known John for over 10 years I  
can say that "Smash your fears, live  
your dreams" lays open the fears he  
himself has conquered since childhood.  
Johns first book is frank, honest and soul

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searching. He is therefore super  
qualified to pay it forward to help others  
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