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Don't let fear rule your life...

Fearproof Your Life

How to Thrive in a World Addicted to Fear

Joseph Bailey

Foreword by Richard Carlson,

author of *Don't Sweat the Small Stuff*

“In this book, you’ll learn the invaluable tool of reflection, and how reflection can add depth and security to your life. Since fear is such an overwhelming problem in our culture, there couldn’t be a more important book in my eyes. I believe this book should be required reading in schools. If it were, we’d live in a much less frightened world...In the absence of fear, your life will never be the same.” —from **Richard Carlson’s** Foreword to **Fearproof Your Life** (Conari Press, October 2007)

Throughout time, we have sought peace and safety by trying to out-guess the unknown. We have tried to prepare for the unexpected and the apparitions of our minds. In an age of 24-hour cable news, when we can stay glued to the latest terrorist attack or natural disaster, the next epidemic, and what the pundits tell us we should be afraid of, our efforts to control the unknown and keep ourselves safe have led to a collective as well as a personal sensation of fear. *We have become addicted to fear.*

“Fear locks us in an illusionary sand castle of protection with a false sense of security from demons, dangers, and all that we dread. Each day the tide of truth sweeps in and destroys our tentative hold on security. No matter how often the castle of illusory control is destroyed, the ego rebuilds it with fearful, vigilant thoughts. This cycle has all the trappings and symptoms of any addiction: denial, rationalization, projection, increased tolerance to the substance (in this case, fear), imbalance that seems normal, and increased harmful and fatal consequences that we minimize and blame on others.” —**Joseph Bailey**

But we don’t need to be adrenaline junkies. *Fearproof Your Life* guides us through a process of how discovering who we truly are immunizes us from our own fears, as well as those of others. Bailey takes us through a process of knowing, listening to, and honoring our own unique True Self, of being willing to listen to our truth and act from it, without seeking approval, of being willing to forgive ourselves and others and take responsibility for what we create.

For additional title information, visit: www.conari.com.

(more)

Joseph Bailey, M.A., L.P. is also the author of *The Serenity Principle*, *The Speed Trap* and *Slowing Down to the Speed of Life* (with Richard Carlson). His writing and consulting all focus on helping people see their innate capacity for balance, wisdom, and happiness. He lives in St. Paul, MN. Visit Bailey at www.joebaileyandassociates.com or www.fearproofyourlife.com.

Fearproof Your Life by Joseph Bailey; Published by Conari Press; Publication date: October, 2007; Price: \$17.95; Hardcover; ISBN: 978-1-57324-307-0; Category: Self-Help/Recovery; Available wherever books are sold or through the publisher at (800) 423-7087, orders@redwheelweiser.com, or online at www.conari.com.