



**FEARPROOF YOUR LIFE**  
**HOW TO THRIVE**  
**IN A WORLD ADDICTED TO FEAR**  
 By **Joseph Bailey**

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“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** (Author of *Don’t Sweat the Small Stuff-- and It’s All Small Stuff*) 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), and 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.

**EXCERPTS FROM *FEARPROOF YOUR LIFE***

***Stay Grounded in Presence and Being***

Staying grounded in our true Selves keeps us in a state of profound presence and awareness. Being grounded means that we are actually living from the true Self—not just believing that it is a good idea...

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***The Myth of Vigilance in Keeping Us Safe***

Cancer is a word often spoken in hushed, doom-filled tones. We feel fear in our hearts when we


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hear the word. Who gives us that fear? We do it to ourselves...

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### ***Choosing from Ego or Choosing from Our True Self***

Early on in our lives, most of us unknowingly chose to identify with our beliefs, memories, and habits—our egos. As we learned and accepted a limited view of ourselves based on others' opinions of us and our own conclusions, we created an identity based on these beliefs...

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### ***Our Internal Alarm Clock***

Another helpful way to think about fear is as an alarm clock. When we hear the alarm clock of fear, it is there to get our attention, to wake us up to the need to become more conscious. But once we are awake we don't let our alarm clock keep ringing...

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### ***Addicted to Fear***

Worry, anxiety, dread, obsession, where do they come from? Throughout time, humankind has sought peace and safety by trying to outguess the unknown...

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### ***The Source of Wise Reflection***

Reflection can come to us in a silent thought like a voice in our head. It can also come to us while we are having a conversation. It can be pure thought that comes to us while in the shower or on a walk, or while writing in a journal or in quick scribbles on a convenient piece of paper. It can come to us in a song lyric that we know is expressing an inner truth. It often comes in hearing the wisdom of a child. Truth is truth; but whether it enters our awareness from inside of us or from an external source, it is always our true Self that recognizes it as truth...

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