



## Fight Fear Now

*Douglas McGehee*

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## **Fight Fear Now** Douglas McGehee

We are not naturally born with fears and phobias. Brain science advancements are showing that our many fears and our fear response is tied to associations or "labels" that our brain has associated with experiences in our lives through our senses of sight, sound, smells, taste and touch. This ebook is a full course about what fear is, our brain and body's physiological management of a fear event and answers "WHY" we fear. This ebook will guide you through a seven-step process to help you find what your fear or fears are associated with from your life's experiences that initially created your fear and the guided seven steps will help you change those associations that launch your fear response and empower you to FIGHT FEAR NOW.

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