



Fear: The 7 Laws Of Fear: Break What's Holding You Back And Turn Fear Into Confidence (The 7 Laws Series)

Brian Shapleigh

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Do you want to feel:

- Courageous?
- Determined?
- Effective?
- In Control?
- and Confident?

In Brian Cagney's

The 7 Laws of Fear: Break What's Holding You Back and Turn Fear into Confidence

, you'll discover how to end fear's negative effects on your life – and start using this vital emotion for good! He teaches you the brain science behind your fear response and how it acts as a defense mechanism in times of crisis. When you face and master your fear, you can use it to increase your alertness, memory, attention to detail and overcome social anxiety.

Fear books and anxiety books like Brian's have one vital message: don't let fear tell you what to do and how to live your life – Put it to work for

With your purchase, you'll get a FREE BONUS e-book: A Proven Road Map to Banish Fears

In The 7 Laws of Fear, Brian provides a wealth of knowledge and wisdom for conquering your fear – and turning it to your advantage!

- The 1st Law of Fear: Use Fear to Sharpen Your Focus
- The 2nd Law of Fear: Decrease Your Fear and Redefine Failure
- The 3rd Law of Fear: Do the Opposite of What Your Fear Tells You to Do
- The 4th Law of Fear: Embrace the Power Fear Can Give You
- The 5th Law of Fear: Use Fear to Find and Develop This Powerful Hidden Trait
- The 6th Law of Fear: Understand the Strange Mechanisms of Fear
- The 7th Law of Fear: Without This, You Can't Succeed

Part of Brian's inspirational

7 Laws Series

, this book is your key to self-knowledge, effectiveness, emotional healing and overcoming anxiety!

Order The 7 Laws of Fear: Break What's Holding You Back and Turn Fear into Confidence and start making the most of your inner power, potential, and emotional strength!

It's time to master your emotions, achieve your goals and win the confidence game!

Tags: fear, social anxiety, overcoming fear, confidence game, overcoming anxiety, fear books, anxiety books, anxiety disorder, confidence, how to overcome fear, phobias, anxiety attacks, fear attacks, how to be confident, overcome fears, be confident, fear and faith, facing fears, building confidence, how to build confidence, fear of rejection, fear of failure, fear of success

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