



Fearproof Your Life: How to Thrive in a World Addicted to Fear

Joseph Bailey

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Don't let fear rule your life. 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. 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.

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