

GET STARTED WITH...

KICKING FEAR AND ANXIETY TO THE CURB

WAYS TO BECOME PEACEFUL...



THE GET STARTED SERIES, BROUGHT TO YOU BY FS PUBLICATIONS

Kicking Fear And Anxiety to The Curb

Ways to Become Peaceful...

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to you by FS Publications**

Kicking Fear And Anxiety to The Curb

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Kicking Fear And Anxiety to The Curb

Forword

When we're born, we are a clean slate. Pure and guiltless and open to whatever comes our way. But as we grow, impressions are made and lessons are learned. We sooner or later lose that childlike sinlessness and we find that we're adults with realistic expectations and tons of responsibility. Who has time to consider the deeper issues, not to mention change? However, some of us find ourselves in horrendous situations where we're forced to change.

You don't have to go through horrendous experiences to discover inner peace. This book will provide some key steps you can follow so that you can unlock the peaceful side of your self.

So let's get started...

Kicking Fear And Anxiety To The Curb

Ways To Become Peaceful...

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Chapter 1

Live With What Is

There's only so much we can affect. What we can't change, what we can't influence no matter what, so it shouldn't be a concern to us.

Accept

Among the greatest sources of unhappiness, in my experience, is the trouble we have in accepting things as they are.

Without judgment, without wishing for otherwise.

When we discover something we don't like, we wish it could be different — we cry out for something more beneficial. That may be human nature, or maybe it's something that's deep-seated in our culture.

The root of the unhappiness isn't inevitably that we wish things to be different; all the same, it's that we decided we didn't like it in the first place. We've pronounced it as bad, instead of saying, "It's not bad or good, it just is."

You ought to expect individuals to mess up, expect things to go differently than you designed, and you should embrace that.

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It's too negative to anticipate things will go wrong, people say. However: it's only negative if you see it as negative. If you gauge it as bad.

As an alternative, you could accept it as the way the world works — as the way matters really are. And try to comprehend why that is, and embrace it. As it is.

This can be implemented with whatever you do: whether it be how other people act at work, how political science works and how depressing the news media can be. Accept these things as they are, and try to comprehend why they're that way.

It'll save you a lot of grief, as you'll no longer say, "Oh, I wish things weren't so awful!"

Does it mean you can never modify things? Not at all. However, change things not because you can't accept things as they are, but because you enjoy the process of change, of learning and developing.

Can we make this Earth a better place? Again, that's presuming that it's a bad place right now. But rather, you could say the Earth is just what it is — and that's neither good nor bad. You may say that you'll continue to try to do things to assist other people, to mature as a person, to make a difference in this world — not because you're such a bad individual now, or the Earth sucks, but because that's the path you decide to take, because you savor that path.

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As you catch yourself judging, and wishing for another way — and we all do it — try another approach: accept, and understand. It may lead to some interesting results.

This is what I notice with so many individuals, in that we center and linger on matters which we have no control over. Why worry about something that all the worrying in the world won't change? Why care about what others think of us when we're not even sure what it is they're actually thinking? Once you open the blinds to this fact, and start accepting what is that you can't change, you automatically relieve yourself of a mountain of stress and anxiety. It's like a huge weight has been lifted from your shoulders. Going down this path is following a road towards peace.



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Chapter 2

Use Meditation

If you don't meditate yet, you're missing out on a really important activity that can change your life.

Center

Meditating for twenty minutes daily can have a tremendous impact in all areas of your life. If you have a lot on your mind and you feel like your thoughts are driving you crazy, meditation can help you discover peace.

Merely close everything, sit back, close your eyes, and clear your mind of every single thought. Center on the emptiness. You'll be surprised what a simple twenty minutes of meditation can do to turn things around for you. If you have trouble meditating, I'd suggest getting a professional guided meditation CD, which will help you get used to this level of peacefulness

Breathing Meditation

Commonly, the purpose of breathing meditation is to calm the mind and develop inner peace. We can apply breathing meditations alone or as a preliminary practice to cut down our distractions before engaging in other types of meditation

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An Easy Breathing Meditation

The 1st stage of meditation is to stop distractions and make our mind clearer and more coherent. This can be achieved by practicing a simple breathing meditation. We pick out a quiet place to meditate and sit in a comfy position. We can sit in the traditional cross-legged posture or in any other position that's comfortable. If we want, we can sit in a chair. The most crucial thing is to keep our back straight to prevent our mind from getting sluggish or sleepy.

We sit with our eyes partly closed and turn our attention to our breathing. We breathe naturally, preferably through the nostrils, without trying to control our breath, and we attempt to become aware of the sensation of the breath as it comes in and leaves the nostrils. This sensation is our object of meditation. We ought to try to concentrate on it to the exclusion of everything else.

At the start, our mind will be very busy, and we may even feel that the meditation is making our mind more engaged; but in reality we're just becoming more cognizant of how busy our mind really is.

There will be a great temptation to follow the different thoughts as they come up, but we should stand firm against this and stay focused single-pointedly on the sensation of the breath. If we detect that our mind has meandered and is following our thoughts, we ought to immediately return it to the breath. We should repeat this as many times as necessary till the mind settles on the breath.

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Chapter 3

Get Back to ature

We spend so much time captive in buildings of steel and concrete and bricks that we quickly blank out where we come from. It's natural for us to be in nature, and this is why it feels so good and it is so peaceful when you take a walk in a park or bike on a trail in the woods.

Get Back to Basics

As I'm typing this, I'm looking out my window to this mammoth tree in front of my house. Observing its stillness, with the wind blowing through its branches calmly, it's a sight that not only inspires me, but that I find peace within it. If you feel overwhelmed, take a stroll outdoors where there are tons of trees and far from the city. Be there and simply enjoy the sights, the sounds, and the peace.

Nature gives you a chance for unstructured exploration.

Most people's lives are tightly scheduled and routine. Awaken, shower, commute, work, home, sleep. Every day you drive the same route, sit in the same cubicle, and sleep in the same bed. Yet inside each person is a strong urge to start out and explore, to begin a day with only the faintest outline of an agenda, and to find things never seen before.

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Scrambling over rocks, hiking up mountains, and fording streams will make you feel like a child again.

Nature gets you in touch with the common elements and your primal self.

The modern person is subject to all sorts of rules, anticipations, and constraints. Clammed up and buried in paper work, he must act polite, follow the traffic laws, and abstain from throttling the a-hole who prolongs the company meeting with mindless questions. His spirit is constantly beleaguered. And everything modern man touches lives in and uses has been altered from its original form: sanded, molded, and packaged for consumption. Almost every sound he hears, from the automobile engine to the ringing cellular phone, originates from an artificial source. It's enough to render every person with a mild form of insanity.

We need to have manners, but the primal side of us shouldn't be completely suffocated. We must periodically tear ourselves away from civilization and interact with matters in their state of nature. Touch real dirt, sit by a real fire, sharpen real wood, and listen to the pure sounds of running currents and the wind in the trees. Encircle yourself with matter that doesn't exist entirely for human consumption. Feel things that just are.

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Nature gives you space to think and puts your troubles in perspective.

In the cities and suburban areas, it's easy to lose what is really important. The world begins to seem as if it truly does center on your tiny world. And there are few really quiet moments in this impulsive life. In the car you're listening to music or talk radio, at work you're centered on the project at hand, and when you get home you turn on the television set and zone out.

Getting lost in nature allows quiet, unstructured space in which to straighten out your problems, think through what's been going on in your life, and design goals for the future.

Under the stars and below the trees, it's easier to see what truly matters. Mountain peaks, rolling rivers, and radiant sunsets will make you and your problems seem decently small.

Enlivens Your Body

Every once in a while people must tear themselves away from the choked off air of the streets and the reprocessed air of corporate buildings. Your lungs ache to breathe the fresh air in the forests and mountains. Hiking will enliven your body. While all exercise is good for alleviating depression, outdoor exercise is especially useful. The sunshine, physical activity and inspiring scenery will combine to rejuvenate your spirit and leave you ready to once again take on the world.

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Chapter 4

Smile Power

Whenever you're laughing or smiling, something intriguing happens. Not only does something happen on a chemical level to make you feel better, but it besides stops all stress and negativity from entering your brain.

Grin Fof Peace

A simple smile can make such a difference. For instance, the other day I mishandled a dish and it fell down on the floor, breaking into bits, producing a big mess.

Now, I could have been furious with myself for being clumsy and thinking “here’s another reason why life is awful!” But I did the opposite. I began to smile and kind of make fun of myself for not being able to hold on to that plate correctly. As I cleaned up the mess, there was no bitterness or anger.

As a matter of fact, I did it with a smile on my face...I executed it with peace. So if you find yourself in a similar quandary, just think of the bright side, and don't be shy to poke fun at yourself. You'll quickly realize that peace finds its direction much more easily to you when you smile.

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How to Smile, Even WHEN you Don't Want to

Physical Technique

- The human body affiliates physical responses with the associated emotion. For instance, if you slouch a great deal, your body will naturally feel more sluggish as compared to a individual who maintains a beneficial posture.
- Likewise, even if you feel sad, you are able to still draw your lips together and gather up the ends to form a smile. You may find your mood bettering naturally. This method has helped me better my mood innumerable times.
- Smile with your eyes. This method involves concentrating your smile on your eyes rather than your lips. Think of your eyes smiling, or twinkling. You'll find that your entire face will have to lift itself to achieve this. You'll find your cheekbones lifting up and the tip of your lips lifting up to form a smile.

Emotional Technique

- Our emotional state is all in our frame of mind. As cliché as it sounds, you've gotta want to be happy, in order to be happy. When you prefer to be happy, think happy thoughts. Consider a calm meadow; consider a loved one or a joke perhaps.

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- Remember, happiness is often a choice. Abraham Lincoln once remarked that “most folks are about as happy as they make up their minds to be.” We can decide to be happy or pitiful. Do choose happiness to fill your life.
- There’s the expression “Smile and the whole world smiles with you.” Well, expressions like this are really grounded in fact. When you smile, it does tend to touch off smiles in others around you. Even in highly stressful situations, a smile can easily lighten up everyone’s mood.
- The worth of a smile is priceless. It can’t be purchased, solicited or borrowed.
- It costs zero to give, but is the most earnest gift that one may be able to give to another. A smile brings rest to the fatigued, and is the best counterpoison for discouragement. It imparts sunshine to the sad and hope to the hopeless.
- A smile is infectious. Start infecting individuals and winning friends with your smile now.

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Chapter 5

Stop Depression and Anxiety by Helping Others

You'll never find peace by being self-consumed and only worrying about your own needs and wants.

Lend a Hand

When you begin to truly care about other people, so much goodness comes right out. This only assists into solidifying your inner peace. It can be individuals close to you or complete strangers, but any act of kindness and goodwill eases your way towards peace.

When I help others, I stop centering on my so-called problems and realize that my life isn't so bad after all. This rids my entire being of all the stress and feelings of overwhelm. There's great peace and wisdom in thinking and caring about other people, which we're blind to when we're too deep within our own selfish ways.

Depression causes us to center on ourselves - our fears, our troubles and our problems. That's not to say that being depressed marks us as selfish; instead, part of the symptoms is that we have trouble seeing on the far side our own troubles. By focusing outside of ourselves, we can cut down the effects that depression bears on our lives.

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This doesn't mean that our own troubles aren't hard or severe at times. Many individuals are fighting horrifying battles against disease, old age or other troubles. And no matter how severe our problem may or may not be, we're always more cognizant of our own pain. Occasionally, though, there isn't much we can do to alleviate the source of our troubles, so all we can do is alter the way we deal with them.

One problem we often have as human beings is to fear the worst, or imagine just how sorry things can get. But the truth is that our worst fears normally don't come to pass. It's seldom as bad in reality as it is in our own minds. So one key, then, is to get out of our own brains by involving ourselves with assisting others.

Another difficulty for many of us is that when we're under stress or when we start to feel down, we'll prefer to disengage, to isolate ourselves. Because of our troubles, or the way we perceive our problems, we might feel like no one else empathizes. As long as we are entrapped alone with our own thoughts, that might be true. By staying associated with other people, or by making new associations, we can get out of the downward spiral happening in our own brains.

Many of us have learned, "it's better to give than to receive." All the same, when we're stressed or depressed, we normally tend to center on what we're lacking. By turning our focus outwards, by looking to help others, we can help take our mind's focus off of ourselves.

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Naturally, this all needs to be done inside our limitations, with balance. Neither would it be sound to throw ourselves so completely into some cause that we make our own lives sorrier. Moderateness and temperance are key in all areas of life.

But the pleasure and satisfaction of helping some other can help to counteract the stress or depression caused by the troubles in our own lives. Perhaps we can't immediately change the causes of our own stress, but we can mitigate their effects by our own actions. And what we frequently discover is that we feel more assisted and enriched than the individuals we're helping. Giving of ourselves is like that.



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Chapter 6

Keep Hope Alive

*Hope is something you can
never afford to lose.*

Look Forward

With hope you forever have a path towards peace. If we get too stressed out and overwhelmed within our own life, we blank out that hope. We blank out that the sun always shines after a rainy day, and that this is simply a bump in the road.

I find immense peace in just recognizing, deep within my heart, that everything will be all right. With hope, I understand that whatever is apparently dreadful is only impermanent and that in time, things will be just fine. This takes off all of that negativity from my total being, and I feel better pretty much immediately.

I learned that hope is the sole option. Without hope I have zero. Hope isn't "wishful thinking" of the "if wishes were horses" assortment. Hope is the most potent force in the universe. Hope is faith—in spirit, nature, science, and mankind.

What matters is having hope in the future—hope that we'll wake up tomorrow to a better day. Hope is the future—the only future worth having.

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Few of us seem to feel the need for encouragement when matters are going well. Think of the baby boomers and the “me” generation of the 1970s. It’s as if the party was never going to end.

When times are hard, the success that many of us took for granted seems elusive and momentary. But, you can keep hope through these hard times.

How To Remain Hopeful In Bad Times

1. Bear no expectations. Do something you love, and do it on a lark. Anticipate nothing in the least, positive or negative.
2. Aim your personal life back on track. Reconnect with the things that interest you. Teach your child something this weekend. Look up that old acquaintance from school. If you’ve gotten on cruise control as a multi-tasking, people pleaser, now may be a beneficial time to do a course correction.
3. Place the past in its right perspective. The past was great, wasn’t it? Or, was it? A few of us are in danger of o.d.ing on nostalgia. Let go of the past. Not the individuals and places, but what could be your glamorized version of the past. Even if it was as good as you recall, you can’t remain hopeful about the past.
4. Extend. Find other people like you, they’re out there. They may have been right in front of you, while

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you were busy twiddling with your cellular phone. Explore your neck of the woods. Find new old haunts. If you're newly jobless enjoy the luxury of this time.

5. Don't put your eggs in one basket. Forever have something else to look forward to, or better yet a lot of somethings. Whether it's a side business, exchanging friendly e-mails, meeting with friends or discovering a fresh hobby. Never depend upon any one part of your life for your hopefulness.
6. Unwind. If you follow at least a few of these steps routinely, you're on a path to eventual success. You already have a leg up on becoming more peaceful because you have the right attitude. After all, optimism and hopefulness are such precious commodities in today's world.



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Chapter 7

Hold Your Beliefs Dear

I'm not one to pick or favor one belief system over another, so whatsoever it is that you believe in, embrace it with your total being.

Find Your Light

Be within your faith 100% and peace will find its way into your heart. Now, we may all take issue with each other's beliefs but one thing we must all harmonize on is that having a solid, healthy faith is all-important in founding a proper conscience that helps in guiding us toward peace and wisdom.

There's a reason why research has proven that individuals that are deeply committed to their faith have a higher life expectancy and are less likely to have diseases like cancer. This is because they experience more inner peace, which is crucial if you want to increase the quality of your life.

To grow spiritually is to search for meaning. Religions that believe in the reality of God such as Christianity, Judaism, and Islam believe that the function of the human life is to serve the Creator of all things. Several assumptions in psychology suggest that we ultimately give meaning to our lives. Whether we believe that life's meaning is pre-determined or self-directed, to grow in spirit is to realize that we don't merely exist.

We must learn, we must practice more, we must open our

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hearts to all kinds of noble influences, all kinds of noble company. We must capitalize on these chances. If we still believe that to improve our spirituality, to improve our wisdom is the highest purpose of mankind, and then we must make an effort. But if we don't believe in this, if we think being humans means only to grow up, to eat, to work, to earn money, and to die, then okay, then we don't need to make an effort.

Please know that a wholeness exists in you even in the midst of hard knocks. There's a light in you even now. You might not be able to see it at the end of the tunnel, but it is in you. Right this minute.

A wholeness that's uninfluenced by what you're facing. Perhaps it seems really small. Maybe you don't even believe it's there. But it is. If you take a minute to close your eyes, feel it there. That's the part of you that already recognizes how to face the challenge, that's already transformed it and learned from it.

It's the part that will lead you to whatsoever other guidance you may need along the way. This in no way downplays the challenge. It's just that this other piece exists at the same time and is with you always. And regardless how alone you feel, know that you're not alone. Other people feel as you do. If you believe in spirit or the power of love, these are with you always, along with the wholeness inside you.

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Chapter 8

Continue Learning

We live and work in a changing world.

Stay in Tune

New laws are introduced that lead to the creation of new policies. New ideas and approaches come forth. New problems arise and new answers are sought-after. The world of work and in general is therefore a perpetually moving and evolving one. What this means, then, is that, if we're not constantly learning as we go about our day-to-day business, then every day we are getting further and further out of touch with the demands of the modern working world as well as the world in general.

It can be bad news to get into a rut whereby we continue to carry out our duties in much the same way as we have done in the past. Expectations change over time and, if we don't adjust to the new circumstances, then we'll be steadily more out of tune with what is required of us.

Learning isn't just important to ensure that we keep up-to-date with developments in our particular field. It's also a crucial source of motivation, stimulation and satisfaction. For instance, someone who works in a certain place for 3 years and during that time goes forward to learn, grow and

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develop is likely to experience far greater job satisfaction than somebody who stays in the same post for 3 years, simply duplicating the basic tasks in the same way without any growth or development over that time. Learning should consequently be seen as something positive and worthwhile in its own right, not just something that we have to do to meet other people's expectations of us.

Learning is consequently crucial because it helps us to keep in tune with trends and developments in our own field. It provides stimulation and job satisfaction and as well helps to keep us on our toes to make certain that we do not become bored and thus more likely to make errors. Learning should therefore not be seen as an further burden on top of what is already perhaps a heavy workload, but rather something to be welcomed as a means of dealing as effectively as possible with that heavy workload.

One thing that provides us with much stress in life is the fact that we forever worry about not having all the answers. Just admitting that you do not know everything and that you are open to always keep learning is an enormous step to take towards achieving inner peace.

I find great joy in learning all kinds of different things (not just work issues), and just being aware that I'm growing as a person each and every day supplies me with great feelings of peace. Accept that life is one big journey of never-ending learning and you'll find yourself closer to experiencing true peace within yourself.

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Chapter 9

Live For Today

Most of the time, what we worry about is bearing on to something either in the past, or something that hasn't happened.

Be Present

Living in the here and now erases all such thoughts. Why worry about something in the past that we can't ever change? Why worry about something that we're not even sure will happen or not? This is why in the here and now, you find true inner peace. In the present moment, there are no troubles and no concerns. There's only stillness, and it's within that still that you can expose peace. I used to be such a person that worried day in and day out, to the point where I had difficulty sleeping.

When people suggest that I "live in the moment" I understand the concept and can realize the value. But I secretly wonder, "How on earth do you really do that?"

I spent one of the last glorious days of summer lazing on the beach with a dear friend. We were relishing in the final rays of the afternoon sun when the conversation turned to his single status. He shared with me that an old lady friend, currently married was possibly about to be single again.

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Acknowledging he had a “thing” for this woman in the past, and a want to be in a relationship now, I was all over the “potential” that they may yet wind up together.

Feeling his overt lack of exuberance over my colorfully painted vision of his future, I asked him what was up; to which he answered, “I don’t live in the past or the future, I live in the moment”.

“Live in the moment? What the heck does that mean? How do you do that?” I retorted, with plenty of exhilaration in my voice. He told me he didn’t know how he did it, he just did.

As afternoon fled into evening his answer stayed with me. I started wondering why I so automatically move out of the present and into the future. I put myself in his shoes and envisaged how I may deal with the same state of affairs.

I ascertained that I leave the present and go into the future to protect myself. If I run all the conceivable scenarios through my mind, good or bad, and “prepare” myself for what may be, I figure, fore warned is fore armed? Correct? Well, perhaps not.

Now, let this be said, I’m not stating planning’s a bad thing, or daydreaming for that matter. But it doesn’t escape my notice that a lot of the future “proposing” I do isn’t peaceful.

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Here are some hints I've learned that help me stay a bit longer in the here and now.

1. When you discover yourself envisaging fearful scenarios ask yourself, "Is this the only hypothesis?" Search for what else could be true, instead of what you fear.
2. Remind yourself that worrying about the time to come or regretting the past isn't going to change what has or is going to happen.
3. Do you have a profound trust that whatever happens you're going to be ok? Can you discover times from your past that serve as grounds that this is true? If so, draw on that experience.
4. Are your basal needs met, does your life work? Often we move into the future as we think it will be better there. Think about addressing what ever isn't in balance so it will become suitable to be more in the now.
5. Practice the mightiness of the present. Centre on something positive or beautiful right here and now and breathe it in. Let yourself amply feel it.
6. Then, be willing to let go of that also and march on to the next moment.

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Chapter 10

Getting Rid of Fear

*Did you realize that you produce your own fear?
You do this by thinking about negative outcomes
to whatever it is that you want to do.*

Curbing Fear

If you are able to cause this feeling in yourself, it makes sense that you are able to also change it.

How can you do this?

You first need to accept that you're imagining failure before you have even attempted what you hope to accomplish. It's these thoughts that cause you to be frightened.

If you stop to consider this, surely, if these feelings are produced by imagination, then if you substitute the negative thoughts with thoughts of a successful outcome, this will help lower your stress.

For instance, you may be frightened of flying, because you worry about the plane crashing on departing or landing.

If you are able to try and center on something totally unrelated to the worries you have as the plane is departing

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or landing, this will take away the nervousness you have, and help you remain calm and relaxed.

Remember, the way you think constitutes how you feel, so, you produce your own fears.

When you begin to center on things that might go wrong, or when you're fearful about something, substitute your thoughts with a positive, successful outcome.

Try thinking about a past event that you enjoyed to take your mind off your jitteriness.

Your self talk will play an important part in abolishing your stress.

When you tell yourself bad things are going to happen, this step-ups your stress level, and makes you feel frightened. Your subconscious mind accepts the data it has been told and goes into panic mode on your behalf!

So remember, let your subconscious mind hear strong confident words, that will help keep it, and you, calm, and before you know it you'll be able to do easily what in the past used to frighten you!

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7 Ways To Curb Fear

1. Take time to wink at the clouds. It's very freeing and is an instant ticket to bravery.
2. Let a smile play on your lips. Expectancy centers the feeling of flight and makes us feel radically alive.
3. Quit looking for the glaring holes of logic. Light up the night with warm cheeks. Searching for the perfect reason for everything is suppressing. Step out of your comfort zone. There's power in excitement!
4. Confirm signs of life in your breaths daily. Cuddle up to your morning yawn, feel the tickles in your ear, count your dimples, let the sun dab behind your ears. There's more to your life than your fuzzy bedroom slippers and terry cloth robe.
5. Laugh behind reality's back and greet your imagination with open arms. Laughing at our thoughts is part of our fearless spirit. It brings out a presence in us that's awakening. Lean in closely to your feelings. Don't snub them. Feelings credential us as humans.
6. Our emotions are warm with invitation. They're the fire that dances in our soul. They're our sense of place.
7. Life rocks us in the cradle of doubtfulness. Remove fear from your agenda and accept the unknown with a sparkling in your eye.

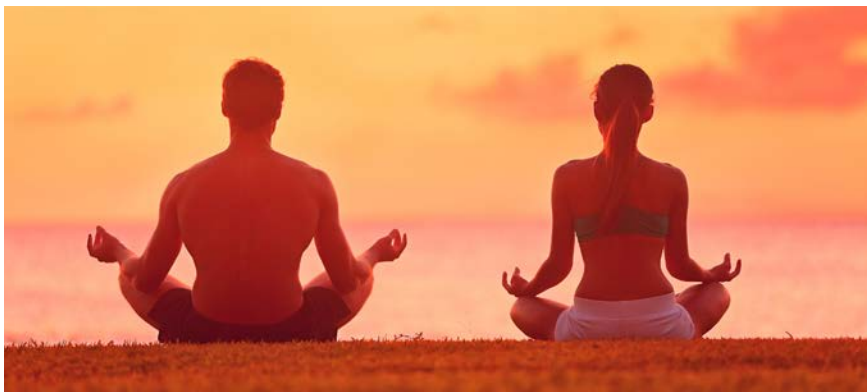
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Wrapping Up

As our society grows more and more complex, finding true peace becomes more like trying to find an oasis in the desert. My life is a busy one also, as running a company and all of the stress & demands that comes with it, definitely takes its toll over time. Therefore, I wanted to take this opportunity to share with you some of the methods that I use in my life to find peace and disconnect from the daily routine.

As you become calmer, as the stress is drained away and you are left with a tranquil feeling of inner peace, you will be happy. No matter what happens, you will be happy. And in the exciting moments, you will be extra happy.

**Hopefully this book has given you the tools
begin on the path to getting rid of fear and
finding the calm.**



The Get Started Series, presented
to you by FS Publications