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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How to overcome fear?**

**By ajaypats**

**How to overcome fear? by ajaypats**

Fear is the main source of superstition, and one of the main sources of cruelty. Fear is that little darkroom where negatives are developed. To conquer fear is the beginning of wisdom. Remember that fear always lurks behind perfectionism. Confronting your fears and allowing yourself the right to be human can, paradoxically, make you a far happier and more productive person. No passion so effectually robs the mind of all its powers of acting and reasoning as fear. You can discover what your enemy fears most by observing the means he uses to frighten you. Acknowledge your fears, acknowledge your worries, acknowledge your most troubling concerns. Then let them go, and free yourself to move positively forward.

For many of your fears, worries and concerns, there are certainly valid reasons. And that's why it is best to get beyond being paralyzed by fear and worry, so you can effectively address those underlying reasons.

Every moment you spend worrying is a moment you spend giving yourself even more reason to worry. When you allow fear to stop you completely, you give that fear even more power.

By quickly acknowledging the fears, the worries, the concerns, and listening to what they have to say, you can then simply let them go. And once you do that, you're free of their draining influence.

Once you do that, you're free to develop workable strategies and to take positive, effective action. By letting go of the fears and worries, you are free to positively change the underlying conditions from which those fears and worries arise.

Feel the fears, acknowledge the worries, understand the concerns, then move on away from them. Set yourself free to achieve.

Ajay Pats is professional manager working as sales manager. He runs inspirational ezine "Rediscover true colors of life" available at <http://www.topica.com/lists/venturemall> and community for home based business entrepreneurs available at <http://groups.msn.com/venturecon>.

**FEAR**

**By DANISH IQBAL**

## **FEAR by DANISH IQBAL**

### **FEAR**

Fear is an unpleasant often strong emotion caused by anticipation or awareness of danger.

Fear is evil, without evil there would be no fear. Fear is like an icy hand. Whenever you are scared, there is something evil involved. Fear is the opposite of life, hope, joy, peace and love. Fear is man's worst enemy and a terrorist's best tool.

Fear is an invisible being that overpowers you. It squirms in your stomach and whispers in your ear. You cannot control your life. Fear makes you panic. You run as hard as you can without knowing where you are going. You ricochet off every object that stands in your way.

It takes hold of you and makes you shiver down in your boots. It's like an icy knife that cuts you to the heart. Fear can be controlled and overcome, but sometimes it holds you in its iron grip leaving you suspended, dangling. Blind panic washes over you and you struggle to release yourself. When you are finally released, it is as if warm sunshine floods over you and all danger is past.

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