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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!

Overcome Fear And Make Money

By Abel Cheng

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At times, you might have thought about excellent money making ideas, which can turn you into a millionaire. Unfortunately, you do not have the courage to turn your ideas into millions.

Is it fear that is holding you back? I notice that fear has everything to do with our lives, whether you realize it or not. Because of fear, people are willingly being ordinary, poor, and being caught in a boring job.

Fear is a very destructive force. It kills enthusiasm, encourages procrastination, eliminates self-confidence, drains your energy, and decreases imagination.

Why do you have fear in the first place? Indecision and doubt breed fear. Have you noticed that in your attempt to become rich, when you're not sure and in doubt, fear will appear? The appearance of fear will stop you from achieving what you want.

More often than not, fear is only your perception and it's not real. It's only a state of mind. That's why F.E.A.R. is the acronym for "False Evidence Appearing Real."

Overcoming fear can lead you to not only have more money; it improves virtually every aspect of your life. But how do you live a 'fearless' life?

There are many ways to overcome fear.

One of my favorites is to gather as much information as you can. When I decided to learn stock trading, which was a totally new area to me then, I attended an investment workshop, surfed the Internet, read books on investment, and subscribed to newsletters. There is a lot of information, on any imaginable topic, easily available to you now. By gathering facts and information, you can overcome your fear and also learn from experiences of other people.

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Another best way of overcoming fear is having a mentor. A mentor is not an advisor or consultant. A mentor is someone who has achieved what you want to achieve. And he has indicated his willingness to help you.

A mentor will advise you on the shortcuts and the mistakes that you should avoid. By having a mentor, your fear is gone since he will always be there to guide you. This also can save you time on trial and error.

Just do it. I borrow from Nike's slogan. Yes, this is another way of overcoming fear. Most of the times, when you have a plan to achieve wealth, you tend to think too much and worry too much. You suffer from a disease called analysis paralysis. As a result, there is no action taken. Do not think too much and just do it. I'm not suggesting you to do it blindly. My advice is do not over-think, keep it simple, and just do it. Remember, indecision leads to fear. You'll be surprised that once you did it, it's not that difficult anyway. And the fear you had before just disappeared.

Ask yourself this question, "What is the worst thing that can happen to you in this situation?" If the worst-case scenario is acceptable to you and you're willing to take the risks, by all means, go ahead. You are aware up front that even though you fail, you already know the consequences. The awareness of the worst-case scenario eliminates the fear in you, fear that holds you back. It's even better if you know that the probability of getting the worst-case scenario is slim, this motivates you even further to take action to achieve your goals.

The more you fear, the more you need to confront your fear. You have to confront your fear, not to avoid it as what most people do. If you do not confront the fear head on, the fear will be always there. If you fear public speaking, the only way to overcome this fear is to stand in front of an audience and speak. I don't think there is a better way to do this, do you?

Finally, believing in yourself helps you to overcome fear. You must believe that you can do it. One of the simplest ways of overcoming fear is to affirm to yourself, "I can do it. I can do it." This simple exercise eliminates the doubts you have, as well as your fear. Believe in yourself and act as if it were impossible to fail.

Being rich is a matter of overcoming fear: fear of failure and fear of making mistakes. You owe yourself a better life. Use these techniques and conquer your fear, then you'll have a life full of wealth and happiness.

Abel Cheng offers small and medium enterprises exclusive global profits insider tips in his free publication, Abel Cheng's Business Diary. To officiate a bi-weekly subscription, please go to <http://www.abelcheng.com/diary.html>

FEAR

By DANISH IQBAL

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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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