



The Fear Book: Facing Fear Once and for All

Cheri Huber

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Rather than explaining typical strategies for overcoming fear, this book focuses on examining how fear is experience, how to recognize that experience as nothing more than conditioned reaction to circumstance, and how to mentor oneself into letting go of beliefs about "appropriate" responses to fear. The notion is debunked that fear is anything other than a label we have learned to put on a set of physical and emotional responses, which is a Buddhist view of emotion in general.

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