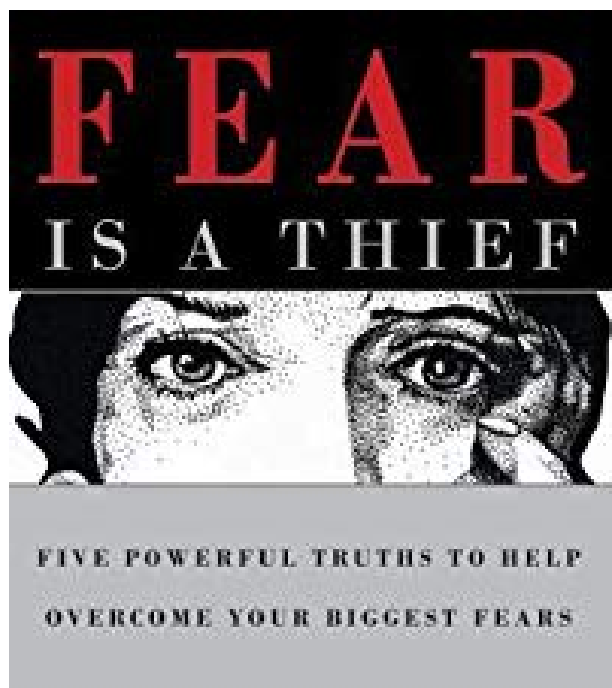


# Fear Is a Thief: Five Powerful Truths to Help Overcome Your Biggest Fears



By

**GARY WESTFAL**

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Each time we step outside our zone of familiarity, we feel an underlying nervousness that reminds us there is a price to pay for our courage. The fear of what lies just beyond the fringe of the unknown can be enough to prevent us from realizing the victory of overcoming personal strife, emotional turmoil, and misperceptions of reality. Fear is a phenomenon that affects every human being. No one is exempt. The only variable lies in whether or not we allow fear to rule our lives and how we handle fearful circumstances. Yes, fear can be handled, managed, and manipulated despite its ominous and threatening efforts to convince us of the contrary. Fear is a Thief exposes fear and gives the reader a fresh new approach to managing fear using five fundamental truths. These truths reveal fear's deceptive characteristics while offering keen insight on ways to approach and manage virtually any situation with newfound confidence. Amazon #1 Best-Selling author, Gary Westfal is leading a movement to build an awareness in which we can live a life beyond the bounds of fear. His bold and practical approach has helped thousands take control of their lives right now by exposing fear as the thief it is. Whatever your fear, this book is your opportunity to courageously move past it to a life you define. You can live life beyond fear. Learn how...inside the pages of Fear is a Thief.