

“Inspirational – Dealing With Fear”

by

John Ward

Log Fires For The Heart For Pet Lovers

Doses of Inspiration To Warm Your Heart

Dealing With Fear



www.logfiresfortheheart.com Just Remember That It's Not All Bad Out There

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I love inspiring quotes, because they make me feel good, make me try harder and also I find I appreciate life that much more after reading them.

I therefore sincerely hope that the enclosed will uplift you to try harder for your dreams and not to give up on yourself and life when you get criticised

Love to hear from you. Please [contact us](#).

Kind regards

John Ward

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Video 8 - Inspirational – Kicking Fear Into Touch

I have been through moments of being fearful and have found that the best solution to dealing with fear is the quote by Pittacus Lore - "*Best way to deal with fear is to confront it.*"

1) "*I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.*"**Nelson Mandela**. He was the world famous anti-apartheid revolutionary and politician who became the first black President of South Africa.

2) "*I believe that every single event in life happens in an opportunity to choose love over fear.*" **Oprah Winfrey** who rose from nothing, to become the richest African American woman of the 20th century.

3) "*Best way to deal with fear is to confront it*" **Pittacus Lore**

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4) *"The understanding of fear cures fear."* ... **Robert Anthony**. Born in Orange, Massachusetts was a professor and organizational theorist at the famous Harvard Business School in America.

5) *"It's better to die laughing than to live each moment in fear"* **Michael Crichton**. He was born in Chicago, Illinois and was an author and screenwriter who specialized in the field of medical and science fiction. He has sold over 200 million copies of his books, notably works such as ER and Jurassic Park.

6) *"There's no shame in fear, my father told me, what matters is how we face it"* **George R.R. Martin**. He was born in New Jersey in the United States and is a writer, producer and novelist.

7) *"Fear makes idiots out of us all, at some time or other" ...* **Patricia Briggs**. She was born in Butte, Montana, in the United States and is a writer who specializes in the fantasy genre. Best known for her series of books called Mercy Thompson.

8) *"It is not death that a man should fear, but he should fear never beginning to live"* **Marcus Aurelius** was a Roman Emperor who ruled in the years from 161 to 180.

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9) *"Fear has no brains; it is an idiot"***Ambrose Bierce** - Born in Ohio in the USA was a journalist, writer and also a satirist.

10) *"Your fear is one hundred percent dependent on you for its survival"* **Steve Maraboli** is a well-known author and motivational speaker.

11) *"Nothing in life is to be feared, it is only to be understood". Marie Curie* - Born in Warsaw in Poland. She became a world famous chemist and physicist for her work to pioneer radioactivity.

12) *" I have accepted fear as part of life - specifically the fear of change ... I have gone ahead despite the pounding in the heart that says turn back" Erica Jong* - Born Erica Mann in New York City, USA is a poet and author. She is best known for her book called Fear of Flying, which has sold over twenty million copies.

13) *"Do one thing everyday that scares you"***Eleanor Roosevelt**
She was born in 1884 and is recorded as being First Lady to have served the longest period in the USA with her husband Franklin D Roosevelt. She was always a champion of the underdog, especially when it came to human rights such as racial.

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14) *"Fear is only as deep as the mind allows"***Japanese Proverb**

15) *"Here is the world, beautiful and terrible things will happen. Don't be afraid"***Frederick Buechner.** Born in New York City, he is a writer and a theologian. His published works which include areas such as autobiography and fiction have been translated into numerous languages.

16) *"Fear sucks, because you never know when it will attack."***Jennifer Rardin.** Born in Evansville, Indiana, she is a writer and author who is best known for the series of books called the Jaz Parks.

17) *"Men go to far greater lengths to avoid what they fear, than to obtain what they desire"***Dan Brown.** Born in New Hampshire in USA, he is author of the novel The Da Vinci Code, which was made into a movie. His books have sold worldwide, over 200 million copies.

18) *"Fear is inevitable, I have to accept that, but I cannot allow it to paralyse me"***Isabel Allende.** Born in Lima, Peru, she is a writer who is best known for her novel The House of the Spirits.

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19) *"Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free"***Jim Morrison**.

Born in Florida in the USA he was a poet and singer. He was famous as the lead singer of the group called The Doors

20) *"The only thing we have to fear is fear itself"***Franklin D Roosevelt**. He was the 32nd President of the United States, a Democratic, and was more commonly known as FDR.

21) *"Fear: False Evidence Appearing Real."* **Author Unknown**

22) *"Fear is the main source of superstition, and one of the main sources of cruelty. To conquer fear is the beginning of wisdom".* ...**Bertrand Russell**

He was a writer, historian, social critic as well as a political activist.

He was born into one of the top aristocratic families in the UK.

23) *"Little minds are tamed and subdued by misfortunes; but great minds rise above them"* **Washington Irving**. Born in New York, he was a writer, historian in the nineteenth century. Best known for his stories of Rip Van Winkle and the Legend of Sleepy Hollow.

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24) "*Fear is the enemy of logic*"**Frank Sinatra** was born in New Jersey and was a famous singer and actor who was one of the best-selling singers of all time. His records sold over 150 million worldwide

25) "*Don't be afraid of your fears, they're not there to scare you; they're there to let you know that something is worth it.*" **C. JoyBell C** She was born in Baltimore in the USA and is a writer and author. An Inspirational person for people from all walks of life.