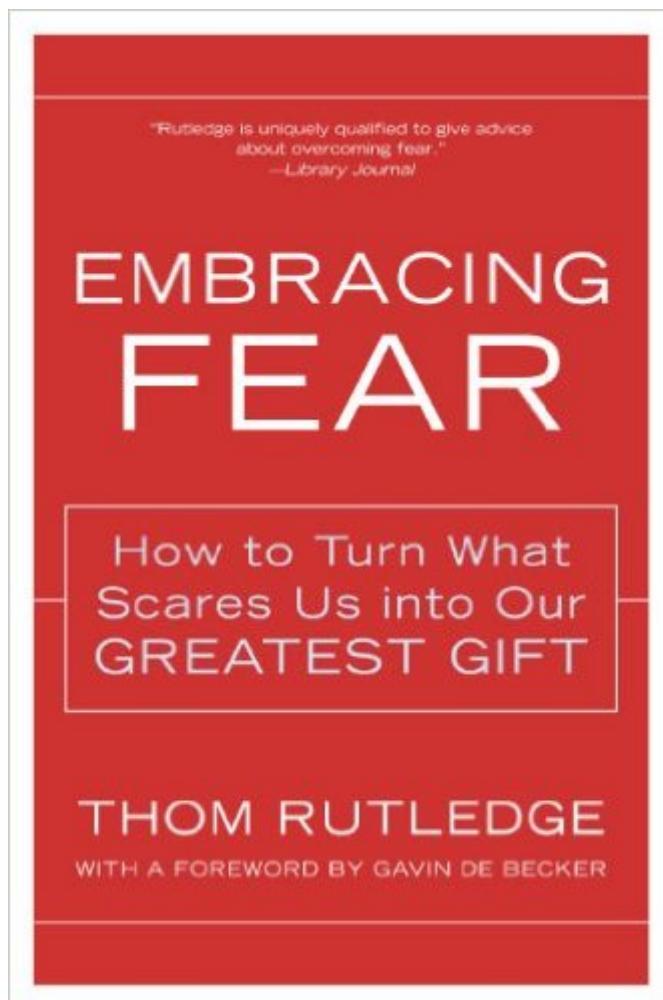


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# Embracing Fear: How To Turn What Scares Us Into Our Greatest Gift



## Synopsis

It's Time to Take Back Your Life Fear takes many forms -- dread, panic, anxiety, self-consciousness, superstition, and negativity -- and manifests itself in many ways -- avoidance, procrastination, judgment, control, and agitation, to name just a few. Whether we are afraid of the dark or being alone, of failure or commitment, of public speaking or flying, fear dominates our lives, affecting nearly every decision we make. Combining compelling stories from the author's twenty-five-year practice, examples from his own struggles with addiction and depression, and practical exercises and tools, Embracing Fear does not pretend to teach the impossible and eliminate fear, but rather shows us that once we understand it we can live beyond its tyrannical control. Instead of repressing or ignoring the voices of panic and dread, we learn that it is only through facing, exploring, accepting, and responding to fear that we free ourselves from its paralyzing grip.

## Book Information

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## Customer Reviews

I read an Reviewer who mentioned this book while reviewing another book. By happenstance I bought a great read. Thom Rutledge writes from the heart and mind and simply communicates his wisdom about embracing fear. On page 35, Ruthledge writes a poignant sentence, "...how we relate to fear determines how we do in life, and maybe it is the essence of who we are." It is a must read if you want understand the root of your fear and how to transform it into a benefit.

I read this book as a follow-up to Jenni Schaefer's book "Life Without Ed" since I was fascinated

with Thom Rutledge's methods of externalizing our fears or "Bullies" as he calls them in this book, and taking authority over them with the "Ally" we all have in us. I have NEVER read a book that consistently made me nod my head the entire way through. This book touched my spirit and made me realize how we really can be in charge of those voices within our mind that threaten us or tell us what we should have or could have done better or how their way, despite being so destructive, is really the way we should go. It amazes me how many times I have followed the destruction course of the bully only to find myself more saddened by these fear-induced choices. Thom Rutledge is so real, funny and compassionate. We need more of this guy in the world. He just wraps you up from the first page and you truly feel like you're hanging out in a cozy place with him as he takes you on this wonderful journey of self-discovery and empowerment. I will be giving this book as gifts to so many people I know. I feel this book in itself is a gift to any individual who wants to improve the quality of their life with such a simple approach as a change in the way we look at fear. Thom Rutledge has a servant's heart by sharing such great wisdom in such a simple, enjoyable book. You know while reading this book that it is so in his heart to help people and have fun along the way. It's a book you'll want to read over and over again, as it is so life-affirming and encouraging!!

\*\*\*\*\*This book is a great read all about fear. Specifically, it is about embracing fear---facing fear---rather than running from it, stuffing it, etc. Unlike most self-help books, the author does not presume to be an authority with easy answers; instead, he is a fellow human being who struggles with his own fear and that of his clients. He shares very practical techniques to approach your fears so that you can still have the life you want, regardless of your fears. Fear underlies most if all negative emotions. I found this book to be very helpful. The author asks many helpful questions such as "What would I do today if I were brave?"...leading me to see where my fears stopped me. Another technique he uses is splitting our self-talk into the negative voices of unhealthy unnecessary fear (which he calls The Bully) and the positive voices of what we know with our heads and hearts (which he calls The Ally). This has been really helpful to me, too. He makes the point that we will never rid ourselves of fear, but we will be less and less bothered by it as we learn how to face it. This book differs from an ordinary self-help book in that it is amazingly useful, plus the author is practical, transparent, realistic, and humble. I loved reading it, highlighted it all over the place, and will read it again. It is an excellent value and worth hours of therapy. I would even suggest it in lieu of therapy! I immediately bought two copies to send to two of my closest friends. Note that this book is a later edition of the very same book "Embracing Fear: and Finding the Courage to Live Your Life", published several years earlier...so if you have one, you have the other. Highly recommended.\*\*\*\*\*

I really got a lot of useful tips/reminders out of this book in dealing with stress, fear and panic attacks. It is an easy read and the author has a good sense of humor. All good things when dealing with fear!

Thom Rutledge is an incredibly gifted speaker and writer who can take the most complicated of emotions, like fear, and make it something interesting to explore and better yet, to understand. That takes a lot of recovery and facing what is. Mr Rutledge shares his own experiences confronting fears, and those of whom he treats, but it is clear that the human struggle with fear is in all of us. Thank you SO much Mr Rutledge for creating ways to stay present to the most difficult of emotions, for giving us metaphors and skills, and for bringing the program of recovery to all of our inner communities. Your books are true healers.

I run a community called MentorCONNECT, and our several hundred members who are in recovery from eating disorders are very vocal about their favorite books. I came across this book after several MentorCONNECT members very persistently brought it to my attention (I was already a fan of one of Thom's other great books, *Life Without Ed*, which he co-wrote with Jenni Schaefer). From the first page I was hooked. This book takes the reader through strategies to confront and triumph over not just their specific struggles but the essence of all human limitation - self-limiting FEAR. Thom teaches us a simple acronym for FEAR, and a simple four-step process for addressing it that helps us welcome fear as the great teacher that it is. I highly recommend this book. To anyone. Shannon Cutts Founder of MentorCONNECT: *Where Relationships Replace Eating Disorders* Author of *Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back* *Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back*

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