



# Fear: 10 Steps to Letting Go of Your Fears

*Taurea V Avant*

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Why a Book on Fear? Fear affects our beliefs. Fear affects our actions. Fear affects our lives. There are so many people that have never and will never reach their full potential in life if they don't eliminate the fears that keep them from taking the right actions. After writing the book, *A Vision to Freedom*, one of the most frequent questions that Taurea would get was on the chapter of fear, so she decided to dedicate an entire book to the subject of fear. Taurea believes that we are all born with two fears and unlimited faith. It is through the years of growth in life that we are taught to have more fears and then given limits on faith. The reason Taurea believes this is because if you tell a child anything enough times, that is where their beliefs are formed. Here is what you will learn from this book based upon the beliefs of Taurea. 1. Where fears come from 2. The difference between fear and faith 3. Different kinds of fears, aka phobias 4. 10 steps to eliminate fears Like most people, Taurea had fears that kept her from truly living the life of her dreams. She has gone from being a shy computer geek to now speaking in front of thousands of people all over the world. It wasn't until the passing of her father that she made the decision to stop letting fears control her life. One thing about eliminating fears is that you never fully get rid of a fear. You just learn to overcome them and no longer let them control your life. If you are ready to no longer let your fears keep you from living the life of your dreams, this book will be powerful for you!

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