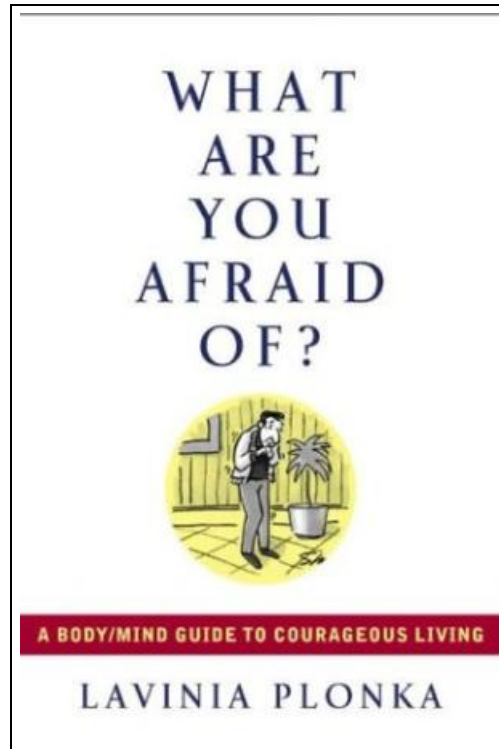


What are You Afraid of: A Body/Mind Guide to Courageous Living (Paperback)



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

WHAT ARE YOU AFRAID OF: A BODY/MIND GUIDE TO COURAGEOUS LIVING (PAPERBACK)



Penguin Putnam Inc, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. Fear is not just in our heads-it s also in our bodies. What Are You Afraid Of? shows how our bodily postures and habits trigger the anxieties that crimp our daily lives, and provides simple, eye-opening exercises to free us from fear s grip. We often think of fear as something based in our minds. But equally true-and rarely understood-is that fear is based in our bodies. The ordinary manner in which we carry ourselves physically, our automatic gestures, and the accustomed comforts of our bodily habits often perpetuate the grip that fear has on our lives. This is true whether we re thinking of asking our boss for a raise, frightened of diving into a swimming pool, or experiencing sleepless anxiety. The good news is that our fears arise from physical/mental triggers that have been learned over the course of our early lives-and can be unlearned. In What Are You Afraid Of?, Lavinia Plonka provides step-by-step exercises and informative, engaging lessons to help readers identify the sources of their fears and work with their bodies to move beyond them. Plonka reveals a simple, new paradigm for understanding our fears: They are not intractable psychological demons. Instead, as she demonstrates, they often revolve around repetitive body/mind cues. By teaching the body new habits, the habit of fear can be broken.



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