



**How to overcome fear and problem with adrenaline addiction to fear.: 7 powerful techniques to overcome Fear, Laziness, Procrastination, Anxiety and change yourself forever!**

*Alice Tomson*

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## **The book which helps you change the negative destructive force of fear into a positive productive one**

You will know how the non-judgmental attitude to “opportunity” could provide some interesting options in life if you manage to control your fear, pain and yearning for pleasure.

In case when you come across a situation connected with real fear, not fake one, you can use a “transfer technique” that will help you to keep awareness and make reasonable decisions unaffected by your emotions or physical condition. It's really very useful technique which will help you.

**Self-sabotage – focusing on fear** takes place when there is a Factor of Uncertainty, but no direct threat, as well as no clear understanding of what might happen, where, and which results it can lead to.

Self-sabotage shows in the following behavior patterns:

- Laziness,
- Procrastination,
- Passive aggression, and other

Self-sabotage is not susceptible to hypnosis, suggestion and “motivation search” that most people use as a shelter, while collecting all kinds of books and courses.

The most effective method is to get a clear comprehension of what is valuable for you and to understand which fear is closer to you – to lose this valuable thing or not to get it.

In this book we will dwell upon the main kinds of getting pleasure from fear – adrenaline addiction, self-sabotage, hypochondria and a passion for anxiety.

You will learn how the use of special techniques and an alternative attitude can help you change the negative destructive force of fear into a positive productive one.

Upon understanding and accepting the nature of our own fear, we could manage the fears, encouraging ourself to move on as well.

## **Fear is a constant, inexhaustible “free source”, so why not use it to your advantage?**

Managing fear requires not only systematic practice, but also working out a certain strategy.

Learn to apply the techniques described in this book, and you will feel tangible results and improve your perception of the world.

Download the Book “**How to overcome fear and problem with adrenaline addiction to fear**” right now and change yourself for life!

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