

## THE FEAR CURE CULTIVATING COURAGE AS MEDICINE FOR THE BODY MIND AND SOUL

Oct 25, 2020



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The Fear Cure: Cultivating Courage as Medicine for the Body, Mind, and Soul | Rankin M.D., Lissa | ISBN: 9781401944278 | Kostenloser Versand für alle Bücher mit Versand und Verkauf duch Amazon.

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Book Review: The Fear Cure: Cultivating Courage as Medicine for the Body, Mind, and Soul by Lissa Rankin  
"While true fear is always protective and not something you want to lose, false fear can make the body sick if you don't know how to handle it in a healthy way." (Lissa Rankin) "When the mind shifts from fear to love, the mind can heal the body and its not some fuzzy New Age metaphysical thing.

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Praise For The Fear Cure: Cultivating Courage as Medicine for the Body, Mind, and Soul... "Finally, a brilliant teacher from the medical community takes a hard look at the omnipresence of fear in our culture as a major cause of illness in our contemporary world, while simultaneously offering a plethora of highly specific suggestions for eradicating this 'disease producing mindset.'

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If you read my book Mind Over Medicine, the Six Steps to Cultivating Courage might look familiar, because the steps are parallel to the Six Steps to Healing Yourself that I laid out in that book. Because the process of cultivating courage is a journey of healing and transformation, the same six steps that work for healing the body can guide you as you cultivate courage.

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Title: The Fear Cure: Cultivating Courage As Medicine For The Body, Mind, And Soul Format: Paperback Product dimensions: 336 pages, 8.88 X 5.88 X 0.85 in Shipping dimensions: 336 pages, 8.88 X 5.88 X 0.85 in Published: March 8, 2016 Publisher: Hay House Language: English

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If fear is limiting your health, growth, creativity, intimacy, spiritual connection, or ability to fulfill your calling, The Fear Cure might be just what the doctor ordered. This program offers tools for adopting a radically different worldview, one in which fear and uncertainty can provide fuel for your spiritual growth, pointing directly at what needs healing in your life.

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