



SPEAR Your Fear: Five Simple Steps to Retrain Your Brain for Success

Daniel D. Matthews

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As a three-time survivor of near death experiences, abuse, drugs, and alcohol, Daniel Matthews understands the challenges of overcoming fear and self-doubt. Featuring personal true-life stories and practical tools, SPEAR Your Fear will expose your fears and negative mental biases, giving you the tools to retrain your brain to become purposefully proactively, positive. Inside you will discover:

- How to identify the fears that are holding you back
- How to prioritize your fears to get the most out of life
- How to break your fear down and find its triggers
- What question you need to ask before you can move forward
- How to target your fear for annihilation
- And much more

With insights, quirky humor and stories, Daniel Matthews shows you how to be confident and courageous in the face of fear and self-doubt. The result is a formula for success, happiness and a more peaceful and positive mind.

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Brian Andres:

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