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Bestselling author of *If You Meet the Buddha on the Road, Kill Him!*

## RAISE YOUR RIGHT HAND

## AGAINST FEAR

## extend the other in compassion

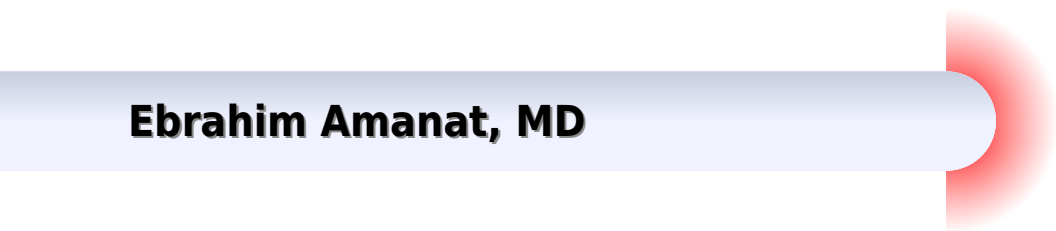
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# Raise Your Right Hand Against Fear Extend The Other In Compassion

**Ebrahim Amanat, MD**



## **Raise Your Right Hand Against Fear Extend The Other In Compassion:**

**Raise Your Right Hand Against Fear** Sheldon Kopp,1990 A guide to confronting and managing fear explores the question of when to put fears aside and push on the value of some fears sharing fears with loved ones and the relief of disclosing fear     The Little Book of Courage Sarah Quigley,Pat Quigley,Marilyn Shroyer,2002-06-01 Guides readers through a three point process for facing feeling and transforming fear at any intensity level explaining how courage comes by learning to work through fear and demonstrating how readers can experience fear as a message Reprint     The World's Fearlessness Teachings R. Michael Fisher,2010 The World s Fearlessness Teachings addresses the human fear problem in a truly unique and insightful way summarizing the teachings on fearlessness from around the world and throughout history The author then utilizes critical integral theory a la Wilber as an approach to categorize the developmental and evolutionary spectrum of fear management systems known thus far The author has spent twenty years researching the timely topic of fear and how to best manage and transform it From this experience he offers an educational healing vision to address the challenges of a dangerous 21st century Fear s empire has taken rule It is time to resist it using the best intelligence from both sacred and secular traditions as well as the transformational theories humanity has to offer Fisher maps out ten fear management systems that will benefit future positive leaders everywhere     **Fathering Right from the Start** Jack Heinowitz,2011-02-08 Coping tools and intelligent advice for today s fathers Becoming a father is a life changing event and not an easy one The new feelings emotions and reactions surfacing every day can be confusing and overwhelming summoning new dads to resolve old issues Fathering Right from the Start helps guide men through this life passage helping them navigate difficult times and participate meaningfully in parenting Complete with exercises checklists and firsthand accounts by fathers from all walks of life this indispensable book carries the seeds for a new tradition of men s involvement in the emotional cultural and psychical structure of the family     *Mastering Creative Anxiety* Eric Maisel,2011 In his decades as a psychotherapist and creativity coach Eric Maisel has found a common thread behind what often gets labeled writer s block procrastination or stage fright It s the particular anxiety that paradoxically keeps creators from doing completing or sharing the work they are driven toward This creative anxiety can take the form of avoiding the work declaring it not good enough or failing to market it and it can cripple creators for decades even lifetimes But Maisel has learned what sets successful creators apart He shares these strategies here including artist specific stress management how to work despite bruised egos day jobs and other inevitable frustrations and what not to do to deal with anxiety Implementing these 24 lessons replaces the pain of not creating with the profound rewards of free artistic self expression Practical insights and proven techniques for overcoming the challenges and fears that plague creators of every kind Teaching tales that convey effective approaches to creating fearlessly and abundantly     **The Age of Terror** Ebrahim Amanat, MD,     ChemoHeart: On Cancer, Resiliency and Seeing What's Essential Mike Verano,2017-02-08 Too often cancer survivors are measured by what

they have lost to the disease Chemo heart seeks to replace this loss by offering insights into the profound nature and resiliency of the human spirit and helping survivors regain a sense of wholeness      **Transcending Turmoil** Donna F. LaMar,2013-12-01      *Tarot for the Healing Heart* Christine Jette,2001 Jette details how to create a healing atmosphere through tarot One does not need to be a tarot expert or a healing practitioner to benefit from this book All that is needed is a desire to heal an open mind and a courageous heart      **Trauma** Dr. Muriel Warren,2004-01-07 In this post 9 11 world therapists need to expand their toolboxes to deal with trauma and its effects This book provides a new way of dealing with the devastating emotional residue of a traumatic event It centers on the innovative application of hypnotherapy to help trauma victims self actualize regain their lives and move forward again This book outlines the effects of trauma on mind and body and provides comprehensive systems and treatment plans for the mental disorders caused or exacerbated by trauma Many people are familiar with the famous fight or flight responses to trauma but few now about the freeze response Freeze is the most dangerous of the trio since it inhibits any reaction and leaves the victim immobile It can lead directly to Post traumatic Stress Disorder Also included is a brief survey of brain research and its implications Dr Warren takes readers on a brief journey of self discovery to unlock their full self potential and raise it to a new level

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