



The Fear Reflex: 5 Ways to Overcome It and Trust Your Imperfect Self

Joseph Shrand, Leigh Devine

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Some fears are genetically wired. Others begin in childhood or adolescence and may leave us feeling inadequate to face the dangerous unknown.

Dr. Shrand, a leading expert on the psychology of fear, teaches us how to use the rational parts of our brain to change our perspective and respond rationally to fears as they present themselves. Shrand's iMaximum resiliency-based approach starts with the assumption that we're all doing the best we can with what we know at any given time. Using this mindset as a foundation, this model features five proven strategies to:

1. find better ways to connect with others to reduce fear
2. transform fear into trust
3. explore our biological responses to fear
4. look at the role of social groups and society in fostering fear
5. examine the role of fear in our childhood and home life.

By developing a radical self-acceptance that allows us to step back and question our fearful thoughts, we can confront and process them in healthier ways, leading to a better, more confident self.

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