



## Fear: A Healthy Emotion If Well Managed (Paperback)

By J Ibeh Agbanyim

iUniverse, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Fear is powerful, and it has a presence in whatever we do in life-whether that is passing our exams, keeping peace in our homes, or simply adjusting to the constantly changing world. In Fear, author J. Ibeh Agbanyim offers a guidebook that portrays fear as a healthy emotion-as long as it is well managed. Demonstrating practical ways that fear can work in our favor instead of working against us, Agbanyim focuses on the importance of using fear as a healthy emotion to achieve goals on a daily basis. He discusses techniques for believing in constructive fear, evaluating the quality of fear, adjusting to the conditions of life, and entertaining the notion that even Jesus feared. Through a step-by-step process, Agbanyim offers ways to believe that a change of feeling is a change of destiny; constructively adjust to changing conditions; embrace the inconvenient truth; learn how to forgive; and learn how to sing a song when in the valley of tears. Fear presents valuable tools, practical techniques, and relevant advice for anyone willing to experience new vision and information...

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