

Title:

Climbing And Fear

Word Count:

294

Summary:

Climbing is no different from any other activity to the extent that fear can be a huge barrier

Fear can play a significant part in our everyday lives. Fear on the job, as a spouse or parent

Just as preparation and training...

Keywords:

climbing,sports,fear,goal,outdoor,rock climbing

Article Body:

Climbing is no different from any other activity to the extent that fear can be a huge barrier

Fear can play a significant part in our everyday lives. Fear on the job, as a spouse or parent

Just as preparation and training of your body is essential to be a safe and successful climber

How do you deal with the fear? While the sport does involve equipment and support from fellow

Understand that with rock climbing you must get into your subconscious fears that lie deep wit

Business experts have shown that fear of failure can be a great motivator to achieve heights t

Now, go climb that rock!

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