

Title:

Fears and Phobias

Word Count:

576

Summary:

Charles F. Haanel defines fear as ^ a powerful form of thought.~ I think it is a very good def

Keywords:

manifestation, attraction, self help, fear, phobia, wealth attraction, self improvement

Article Body:

What are you afraid of? I'm sure that like almost everybody else you are afraid of something.

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For example some people are afraid of flying. Why? Probably because they have heard about some

When we listen about different tragedies and unhappy news, a subconscious mind accepts everyth

So, when you listen to news or a story your conscious mind accepts the news and makes a fearfu

Of course there are some techniques to get rid of different fears and phobias. But first you s

Think about something that would make you happy, about something you want very much. Close you

If you do that you cannot feel unhappy. It might be difficult at first, but if you practice of

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