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Fear will not allow honesty, fear despises spontaneity, and fear refuses to believe in you. Fear may mean well, but it ruins everything by overprotecting you, insisting that you stay hidden and keep a low profile, that your time is coming sometime later.

thomrutledge

Thom is the author of Embracing Fear: How to Turn What Scares Us into Our Greatest Gift and co-author (with Jenni Schaefer) of Life Without Ed. If you are interested in bringing Thom to your community or organization for a keynote speech or a workshop, call 615-327-3423 or e-mail thomrutledgeauthor@gmail.com.

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Embracing Fear will be appreciated by readers who usually avoid self-help books. Thom Rutledge, a Nashville psychotherapist, draws on his life and his clinical experience to share frank, irreverent insights into living and growing in today's world.

Thom Rutledge, author of Embracing Fear

Thom Rutledge is a psychotherapist and author of several books, including Embracing Fear: How To Turn What Scares Us Into Our Greatest Gift. To learn more about Thom and his work, visit www.thomrutledge.com or www.thesecondantidote.com.

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Fear takes many forms -- dread, panic, anxiety, self-consciousness, superstition, and negativity -- and manifests itself in many ways -- avoidance, procrastination, judgment, control, and agitation, to name just a few. Whether we are afraid of the dark or being alone, of failure

or commitment, of

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