

Start Today to Defeat Fear and Anxiety

It can seem overwhelming, but it is curable and you can start today! I can tell you from experience that you don't need all the answers right now. You don't need a plan or strategy right now, but you do need the resolve to succeed. Decide right now that you will beat fear and anxiety and you are well on your way.

I know it is not as simple as just wanting it to go away, but you deciding that it is no longer acceptable will do you more good than you know. You deciding that this state of anxiety will no longer define you, you deciding that you will succeed, and you believing that it is curable will give you incredible strength. Additionally, know that there are people that can help you and they can give you the resolve you need to see this through.

Please recognize that what you have been doing up until now is not working and you need a new approach. That doesn't make you a bad person, you just need a change of direction. Deciding you will take the first step today to success and committing yourself to succeed is all you need to do. By doing this simple act, you will set yourself on a new course knowing that success and a new and better life is at your destination. It can all be yours if you just decide to succeed. It is that simple.

There are many reasons why people don't do this simple act. One is being afraid to admit they have a problem and that they could use a little help. Another is somehow convincing themselves that this is normal, that this "runs in the family," or that this is something they can live with. Even though you have probably told yourself many times that you wish you didn't endure your anxiety and panic, a wish will not make it go away. You need to commit to eradicating it from your life and learning the tools to adjust to life's stress and inevitable changes.

I can help you with the rest, but no person can help you if you don't believe you can succeed nor are committed to success. The greatest weapon you have is your attitude. You don't have all the answers now so it is almost impossible to have confidence that you will succeed, but you can commit to succeed.

Your commitment will energize you when you need to work at this, your commitment will make sure that setbacks will not stop you entirely, and your

commitment will drive you to try new things and seek answers to your situation. Commitment is powerful and it is your best friend right now.

Once you have committed to success, you will then need information and tools for success. Let me guide you through the entire process. I have been in your shoes and will talk about every aspect of my recovery in my book "Fear Almost Ruined Me." Additionally I will share all my tools and options to help you get control of your fear, panic and anxiety. A better life awaits you. It starts with your decision to succeed.