

**BE FREE FROM FEAR - OVERCOMING FEAR TO LIVE  
FREE**

**Alaine Patrick Mitcheltree**

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Excellent Liz, how much did it take over to start with? All rights reserved. I will force myself to put it to practice. I had to figure out how to deal with this fear, and I had to do it fast. Be proactive. What would the highest version of me say about this? Probably not.

I'm also experienced the same thing in my life. Ease Anxiety In Nature. Be vulnerable and open – So many of us live in fear of being vulnerable.