Courage
Courage is not the absence of fear but the willingness to walk through your fear in pursuit of a goal that is important to you.
You are among the living dead when you live in a safe harbor and cling to the known.
You come back to life and your heart starts to beat again when you venture into the unknown and explore the foreign places of your life.
Remember, on the other side of your fears, you will discover your fortune.

from Bogor with love,
~ Tiest MD ~

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