"Fear is nothing more than an obstacle that stands in the way of progress. In overcoming our fears we can move forward stronger and wiser within ourselves."

Facing your fears is very much essential to you living a complete and healthy life by
the time that it is over. Fear can lessen a person's life in many ways. From causing a person to stay away from taking risks and being active, to keeping you from accomplishing challenges and opportunities that if there were no fear you would probably have easily conquered.

Many times when we think we are scared or fearful of a challenge, we find that once we take it on and step up to the plate facing our fears head on, is a good way to grow, and with this new growth our lives are made easier a small bit at a time. It's time to stop delaying the growth that you can so easily have in your life if you allow yourself to, it is time to face your fears today!

Source: [here](http://tiest.staff.ipb.ac.id)
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