



My Friend fear

Finding Magic in the Unknown

Meera Lee Patel

Bestselling author of START WHERE YOU ARE

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My Friend Fear: Finding Magic in the Unknown



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From the bestselling author of *Start Where You Are* comes a vibrantly inspiring look at producing peace with fear--to become our truest selves. On the heels of her bestselling journal *Start Where You Are*, author and illustrator Meera Lee Patel takes us deeper into her artistic vision and emotional journey in this stunning new four-color book. A mix of personal reflections, inspirational estimates, questions for reflection, and breathtaking watercolor visuals, *MY PAL Dread* asserts that having big dread is a chance to make big changes, to discover the extraordinary potential inside ourselves.



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"If the pull of fear is keeping you back again from cultivating your dream, spend more time listening. A beautiful read. I state savor the publication and why is to learn it slowly, end and take into account the message and put that assistance into practice. It opened my eyes to the realization that my anxieties come from my biggest fear. Beautifully created and illustrated. We simply do the same factors, over and over again, without examining how frequently we make choices simply because they keep us secure..."If the draw of fear is keeping you back from cultivating your wish, spend more time listening. Reserve it filled with tales that are relatable. A beautiful read. My Friend Fear is a keeper! Fantastic and wonderful read. It really helps the reader focus on their fears and how to overcome them. you need to savor it. Each web page is a beautiful masterpiece of design and the writing can be powerful. Meera Lee's paintings and lettering accompany her terms so that you really feel just like you become part of the book as you examine it. This book is beautiful and insightful and such a powerful tool to challenge yourself as well as your self awareness and growth in life and beautiful! The author goes by the hand and shows you, gently, just how many fears you have, and you skill about them. Her honesty could keep you involved and you will end on a feeling of success- that you too have the ability to friend your fear and discover what's on the other side! Five Stars The most beautiful and powerful book in the world. So most of us are controlled by fear, and . This book is thoughtful and vulnerable.. So many of us are controlled by fear, and we don't actually notice it.Quotes that especially stuck with me. Everyone offers fears, but Meera really inspires you to take care of what scares you most and overcome it through her own relatable feelings of dread and life encounters. And her fine art is incredible.."I must say i recommend this reserve if anxiety and/or dread are holding you back from experiencing your best life.. It influenced me to dig deep and discover what fear means to me." I devoured this book in mere a few sittings since it isn't just beautifully written but visually stunning. Reading this book is a wonderful experience meant for my family Reading this book is a wonderful experience to get my children. Every night we'd curl up in bed together and read. It has created an essential bonding experience between my two children and I. I thought it might be another interactive journal like her initial book I assume i didnt know very well what this was when I purchased it. I'd definitely recommend this publication to folks who are on the road of achieving miracles without stressing out fears and failures Love! Love the author. I've this and her journal. I also follow her artwork on Etsy and Instagram.""Where there is usually self-consciousness and surrender, there is no shame in blooming only.As anyone who has handled anxiety and fear for provided that I can remember, her honesty around how she has befriended her fear encouraged me to do more of the same. And easily keep working on me, and endure those fears, life can be what you want it to be. Fantastic read! Great and beautiful book. not what i wanted. Insightful, magical, and gorgeous! Instead it seemed like a beautifully illustrated story of the tough times in the writers life and experienced like reading her diary or something.I typically do a lot of underlining in my books, but this one is indeed gorgeous that We didn't want to mark up the web pages. A must-read, especially for entrepreneurs, business owners, coaches and creatives. This book is beautiful and insightful and such a robust tool to challenge . This book changed my life.. admiration Once I opened this book, We couldn't put it down. I will re-read it whenever I have to end up being comforted and motivated. Meera Lee's function has motivated me to think big and strive to accomplish my goals. I believed it could be another interactive journal like her first reserve. Thank you Meera :) Helpful information into your greatest fears Meera manuals you through her existence of wrestling with fears, and soon you realize you're walking right beside her, looking back again on all the occasions when fear paralyzed your daily life, and wondering how you can undo that. I Needed This Book I simply want to give this publication a shoutout since it is beautifully written and aesthetically beautiful aswell! Amazing Book. Gorgeous and true Amazing Book. Gorgeous and true. It is not designed to be read quickly; I really like this book!



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