

"Fearvana inspires us to look beyond our own agonizing experiences and find the positive side of our lives."

-THE DALAI LAMA

FEARVANA



The Revolutionary Science of How
to Turn Fear into Health, Wealth and Happiness

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FEARVANA: The Revolutionary Science of How to Turn Fear into Health, Wealth and Happiness



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Everyone experiences fear, stress or stress at some point within their lives, but that is not a bad point. This is actually the essential guide that you should overcome any barrier standing between you are actually and where you want to be By installation of apparent, proven and actionable measures to find bliss through struggling, Fearvana will help you develop an unstoppable mind. Fearvana's revolutionary approach shatters conventional wisdom, giving you the tools to leverage your fear, anxiety and stress to accomplish whatever you set your mind to. Weaving together inspiring stories, in-depth analysis in neuroscience, psychology and spirituality, practical insight, and actionable strategies, Fearvana teaches the science of how to transform all your seemingly negative emotions into health, prosperity and pleasure. When harnessed, these forces can be our greatest source of strength.



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I'm actually traveling for six months with my family and this book is 1 of 2 that made it into my travel handbag! I bought this book for all my customers for my most recent personal development retreat. Many thanks Akshay because of this masterful and essential work. The crux of his research suggests that the space between work (suffering towards a goal) and joy (transcendent achievement) is the optimal mode to be by which it is possible to utilize your potential. Fearvana immediately appealed if you ask me because of the clue embedded in it's title - that fear and nirvana can potentially coexist. This produced inherent sense to me and I was instantly hooked on the concept. Too many other books about fear concentrate on fear being the enemy; This book will stay on my bookshelf for a long time to come! Akshay's approach of actually embracing fear is at once revolutionary and common sense. This is truly the road of emotional awareness and self mastery, which, in the long term may be the only healthy way to approach our inner world. What impressed me probably the most can be how well Akshay took all of this stuff I've noticed from a bunch random sources and organized it into a clear overview of how exactly we can actually engage with our own brain development. Akshay does an amazing job explaining how your brain reacts to fear and most importantly, ways to notice this and make different decisions. Fearvana offers proven instrumental in my journey to reshape my relationship with fear. Lots of my interests overlap with spiritual growth and mental development. For a long period I have struggled with overcoming worries of public speaking (which apparently most people fear a lot more than death itself! A concise overview of neuroscience, a practical guidebook to how to use it, and essential read for those struggling with fear! I've go through many personal growth and development books that offer advice and examples about how to eliminate fear from my life to create change. It helps you identify that your mind is conditioned a particular way predicated on your past encounters and can end up being recondition as you select. We lost touch as life moved on, but our mutual self curiosity usually held him in the back of my mind. A great book to help me get past my fear This book showed up at just the proper time. This crazy dude as gone to scale mountains and trek across frozen wastelands, while I live a quite life with my children in small city Wisconsin! What a world. I think this may change their life. As soon as I knew my old bootcamp buddy had written one, I certainly sensed obligated to learn it, but would I enjoy it? As soon as I understood that it was going to be discussing areas of curiosity for me, such as for example neuroscience and mindfulness, I was relieved! At least I wouldn't be bored. Had I found Akshay to become a subpar article writer, or his work mediocre, I assumed I would identify what I loved about it, offer some constructive criticism, and move ahead. I really got no intuition for what a publication by Akshay would go through like. A page turner that's also helpful for your personal growth Fearvana is an excellent mix of autobiography and practical advice. At a brief 200 web pages, Akshay condenses an entire lit overview of current neuroscience, mixes in his personal lived experience and that of world famous athletes, thrill seekers and adversity-overcomers, provides a dash of spiritual introspection, and weaponizes it right into a quasi-algorithmic way for harnessing human potential. The book is largely divided in two sections. The first half reviews, in laymen terms, the scientific literature on individual consciousness, and how we believe it works. This book turns the idea of fear on it's head, and instead challenges and coaches to understand, embrace and use our fear (and anxiety, and almost every other seemingly "negative" emotion) to build resilience, create real, positive and sustainable modification in our lives, and to help each individual discover their "worthy struggle". Throughout, he presents introspective schooling exercises to help you build relationships the material and finally prime you for putting his technique into practice. Very helpful!)... but last year, when I picked up my first copy of Fearvana,

We was just on the point of finally encounter these fears and move on to focus on mastering the artwork of presenting and public speaking. He terms this area "Fearvana." Fearvana, as a text, reveals itself to be a series of mental exercises and actionable suggestions which can help transform fear (when facing previous or future adversity) into a effective ally for personal advancement. Akshay invites readers to comprehend (accurately) that dread is only the physiological response you embody when you have profound adversity, but that physiological response can be utilized as fuel to press you forward, not really freeze you in your tracks. What once was a mass of random trivia about the mind has suddenly become a practical- nearly step-by-step- information for me. As it turns out, the physiological reactions we knowledge when we encounter fearful issues are actually a chemical substance superweapon! With proper planning and honest assessment, it is possible to orchestrate safe possibilities to induce this physiology, so when it takes place, manipulate it into providing lasting personal growth or specific objective accomplishment. As it happens the physiology of overcoming adversity is literally addictive, and you could, in the most technical feeling, addict yourself to achieving goals and your mind and body will actually work with you to be able to accomplish them. Probably I've been even more asleep than I realized, and frankly, I didn't think I was the kind of guy that was all that much asleep. I've a in psychology with my history/political science degree, and am a devoted armchair philosopher/metaphysician. It has already started to revolutionise my life and the potential impact I could make on the lives of others. This book gives people a voice The reason I read this book was because an organization I volunteer for was having Akshay Nanavati, the writer, fly in and speak publicly about his experiences, and I was to be the moderator of the event. Fearvana is filled with a stunning combination of leading edge neuroscience, non-dogmatic spiritual wisdom and true to life action tales that read such as a blockbuster! By leaning in to the neurological mechanisms that humans have evolved for our survival, we are able to harness our natural dread response and work with it like the extremely powerful tool it had been made to be. I examine some of it in "Awakening the Giant Within" about two decades ago. It's a very important factor to have discovered this in abstract, its one more thing to be given a training manual on how best to do it. When you have faith that you are not defined by your ideas, you can begin to apply working with your ideas, and strategizing your life in such a way as to control your mind, and of course, by extension your activities. This book is natural, real, and a bit rugged. What that development is depends completely upon your targets! Everyone has an example of something if indeed they dig just a little. This reserve has helped me make adjustments and get back into the movement of my entire life. I also have close acquaintances that have problems with anxiety that I am EXTREMELY thrilled to give this book to. REVIEW: I didn't know what to expect when I began this publication. Changed my approach to life's challenges My mom gave me this reserve throughout a time when We was struggling to adjust to a new job and had just gotten out of a serious relationship. What personal accomplishments possess I defer from concern with failure and simply hardly ever came back to? Who do you wish to end up being and what do you wish to do? What Akshay is very good at is giving the reader a sense that their brain, their long term, and their goals are an experience to begin with and a playground to explore. By the time I finished, I experienced curious and optimistic concerning my own potential. Sounds quite great, right? As a Christian on a path of repentance, I believe that the various tools Akshay writes about are incredibly practical for our daily struggles, regardless of what they are, secular or otherwise. I've been stuck for a couple months and quickly understood that it had been some hidden - and obvious - fears that were getting in just how. Worth the Read regardless of the Rehashed Motivational Themes That is an okay book. We are able to take the wheel, as they say, as

opposed to being a passenger of our thoughts and intuitions. I have heard the Michael Jordan story of how he was sliced from the senior high school basketball team about 100 situations, and after reading the publication now I have heard it a few more times. But apart from the rehashed motivational speeches and exercises, there are some great takeaways in the publication that ring accurate for anyone who offers braved a new venture where skill meets fear to create magic. THE guidebook on how best to transform fear into your friend This book is a must read, especially in these times. I love the way Akshay has structured Fearvana into an applicable set of action guidelines while concurrently layering the learnings throughout the book to revisit crucial themes from different angles in order to deeper embed the learnings. Filled with tons of technology and useful information, coupled with real life experiences, I found this reserve to be truly transformative. The end of each chapter includes a list of tangible steps to take to make some kind of improvement in one's existence. It contains the steps you need with the research that will allow your brain to obtain behind a fresh way of thinking. Harness Your Dread & Hit The JetStream As an entrepreneur, carrying out new and uncomfortable things for a full time income, this book made feeling and gave me personally new ideas, principles, and tools to increase my toolbelt to greatly help me personally navigate the unknown. After you have learned to manipulate your own brain, you can enCOURAGE yourself into approaching new adversity, utilizing the fear that comes from this adversity, and channeling its physiological components right into a continuous cycle of development. When I initial picked it up I didn't know very well what to expect. It's essential read. As an apart his story is fairly impactful and produced me recognize that the tale I tell myself again and again isn't all that poor after-all. This book taught me how exactly to be a bit easier on myself, harness the natural fear to turn it into a propellant instead of an enemy, and some science to create sense of everything. I've browse many books to greatly help me improve myself, my entire life, and my business and this is among my top reads. Changed my entire life Askshay's work arrived to my entire life right when I needed it most. FEAR ISN'T THE ENEMY! Wow, what an incredibly powerful read! DISCLAIMER: I went to Marine Corps boot camp with he! Yet, I've grown more fearful as I've grown old and felt like a failing when I cannot reach a state of fearlessness like what's recommended over and over. The second half starts to channel these numerous results of the scientific community, along with insights from his (totally wild) personal experience and those of others, right into a step-by-step method on how to make these results work for you in accomplishing your goals. I will definitely be sharing this book with friends and family! Many thanks Akshay!! I recognized much of the scientific literature that he references throughout the first half of the book from both school and personal research. I want I had read the book earlier in my life because I actually found every chapter to become useful! If you are on a journey to release yourself from fear, nervousness, or just wish to be more consciously conscious, this is actually the book. The author also originates from a history shared by individuals who often do not have a platform or voice to discuss traumatic life experiences. I feel very validated by his experiences even easily don't share the exact same ones. I even disagree with one or two points written in this book but I really appreciate his immense conviction. The author himself is very personable in real life and the genuineness in his personality translates very well in his publication! Thanks again Akshay for an excellent event in Bellevue, WA :) The best book I've read in ages! Through a lifetime of adventure and experiences, Akshay makes it difficult never to love and learn from his key takeaways and learnings about fear, bliss and happiness. Essential read for anyone and everyone! An Enlightened View on Fear that may change your outlook This book is great to read if you are fighting taking the next phase in life. Me and Akshay became fast friends in boot camp, fitting in

conversations about the meaning of life in-between becoming smoked on the quarter deck because of this or that. I recommend it for a fascinating read, or an instrument on your own path of personal development. The lessons and teaching in this reserve assist you to identify what your initial responses would be, including dread, and redirect it to possess a more positive approach. Fear prevents us from accomplishing what we can't see or predict later on. This books assists us acknowledge dread and manuals us to utilize it as a weapon for achievement instead of holding you back again. As I started and continued to read, I was pleasantly surprised to get his book to become a real gem, and incredibly clever! Knowing this enables you to really have the capability to redirect your brains initial responses also to take the appropriate actions had a need to accomplish your goals. Lo and behold!We salute this wonderful, helpful and concise work!We'm thrilled to begin to work with the techniques Akshay outlines. I appreciate all the analysis that backs the beliefs and recommendations in the reserve. Akshay jumps directly into graphic stories and paints an extremely actual picture of what he's handled in his existence and what nearly drove him to consider his own life. Best Book on Fear Fearvana is the best book I have ever continue reading the subjects of Fear and Duality. I must say i loved the author's method of looking at Fear and how it could be utilized to propel a person forward. It's interesting how they say "when the student is definitely ready, the instructor will show up" - that was certainly accurate in cases like this. I am a HUGE fan. I can't await this author to write another book. I recommend this reserve to anyone who has ever struggled with coping with Fear and is in pursuit of their dreams. For all those, like me, who live a fairly sheltered, unfearful living, this book feels as though a call to think about what a existence with a bit more fear could provide. I was having difficulty with the changeover and every one of the unknowns I was facing. Scanning this book was better that phrases can describe and transformed my perspective on the everyday difficulties we face in lifestyle. I continuously re-open up the publication and reference different webpages and chapters when I need a dose of inspiration. I will also get back to perform the exercises at the end of each chapter every now and then to greatly help reset my mindset. something to be repressed and resisted.



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