



Love Is Letting Go of Fear: 12 Steps to Greater Happiness

M.D. Gerald G. Jampolsky

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A physician who heals by helping others banish fear!

Is fear holding you back from the things you desire to achieve in life? Would you like better relationships that are filled with love and encouragement? Would you like to rid yourself of toxic emotions that are preventing you from being what God has meant you to become?

In *Love Is Letting Go of Fear*, Dr. Gerald Jampolsky gives you 12 easy steps to follow that will allow you to attain a life without unrealistic fear. You'll find new creative energy through forgiveness, a powerful emotion that cannot be ignored. And you'll discover how people can actually overcome serious illnesses or disabilities through a change in mental perspective. You'll also learn:

- What it really means to be free.
- How guilt and fear become ingrained in someone.
- The importance of shifting your perception to get through difficult circumstances.
- What frightened people really want.
- How to enrich others with their own potential.
- And much more.

People who have practiced Dr. Jampolsky's steps have experienced and enjoyed inner serenity and felt a newfound unshakable confidence in themselves. This newfound confidence has then emanated to those around them, and to the world in general.

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