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What Our

“In Yogis' beautifully candid exploration of his own heart, our cerebral processes, and the way fear can debilitate and sometimes even motivate us, The Fear Project offers up the means to see between the folds of our grey matter...and make changes to how we perceive the inherent and inevitable trials and travails of

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life...This is a
fascinating and sagely
penned work that's full
of ideas and
philosophies”
—EASTERN SURF
MAGAZINE

Jaimal Yogis

The Fear Project: What Our Most Primal Emotion Taught Me ...

An epic adventure full
of incredible
characters, death-
defying athletic
achievement, and

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bleeding edge science,
THE FEAR PROJECT
began with one
question: how can we
overcome our fears to
reach our full
potential? Who among
us has not been
paralyzed by fear?

The Fear Project: What Our Most Primal Emotion Taught Me ...

I found The Fear
Project at an opportune
time as I have been

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confronting anxiety over some major life changes. This book gave me excellent lessons from his adventures and exposed me to some deeper scientific concepts that help me understand the source of some of those fears and anxiety.

**Amazon.com: The
Fear Project: What
Our Most Primal
Emotion ...**

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“The Fear Project not only tells the riveting story of the science of fear, but helps us understand how we can deal with fear when it stands in our way. Effortlessly weaving together science and everyday life, this book gives you insight into your own fears such that you can face them head-on and perform at your best.”

The Fear Project:

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About Survival,

Success, Surfing . . .

and Love

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THE FEAR PROJECT.

WHAT IS IT?Your

mental wellbeing is

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your responsibility.

However, nobody really teaches you how to look after it. So your mental state often suffers. Stress, anxiety, pressure and expectation take over as a lack of resilience and effective coping strategies come to the forefront.

Home - The Fear Project

The Fear Project is a psychological

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accredited programme,
designed to help you
positively and
productively re-
engineer your mind to
reduce the mental
discomfort and
confusion you
experience every day.
The Fear Project (Level
3) accreditation uses
AQA's Unit Award
Scheme to record
learner achievement
and progress on our
unit courses.

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What Is It? - The Fear Project

The Fear Project is a 'recalibration' programme designed to rewire your subconscious thoughts and habits that sabotage the way we think every day. It will improve the productivity of your lifestyle, thoughts, behaviour and general all-round wellbeing.

FAQ - The Fear

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The course is designed to re-engineer your mind, developing new strategies and thought processes to build resilience and willpower. There is no quick fix. However, you can improve any area of your life by taking yourself seriously with The Fear Project. Download Application Form. Application.

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School - The Fear Project

Our studies and clinical interactions, as well as those of others, suggest that a major factor in how we experience fear has to do with the context. When our “thinking” brain gives feedback to ...

What Happens in the Brain When We Feel Fear | Science ...

In The Fear Project,

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award-winning
journalist and surfer
Jaimal Yogis sets out to
better understand fear-
why does it so often
dominate our lives,
what makes it tick, and
is there even a way to
use it to our
advantage?

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1619 Project is an

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ongoing initiative from
The New York Times
Magazine that began in
August 2019, the 400th
anniversary of the
beginning of American
slavery. It aims to ...

The 1619 Project - The New York Times

The Score - "The Fear"
(Official Audio) Taken
from the Pressure EP
Check out our latest
single "Best Part" here:
<https://youtu.be/GXDNIjUwXc>
Pressure EP

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**The Score - The Fear
(Audio)**

“ The Fear Project is an enchanting autobiographical journey. Yogis deftly explores our current scientific, religious and philosophical views on our most fundamental emotion, and the reward is as significant as it is palpable. I absolutely loved this book and will share it

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with everyone—in particular, high performance athletes.”

**The Fear Project by
Jaimal Yogis:
9781609611750 ...**

Do we really want to see face coverings established as a ‘social norm’ including in our own homes? But this is where the most successful ‘Project Fear’ in history is taking us – unless there is a major public

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awakening. The next time you get accosted online or offline by someone telling you to 'put a bloody mask' on, ask them if ...

**Project Fear's
success: If face
coverings are so
effective ...**

Virtual Fear Project
Classes Some people
love it, some hate it
but everybody can
benefit from the digital
era, if it is accessed

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correctly. The digital age allows us to be more efficient with our time.

Education - The Fear Project

“The Fear Project is an enchanting autobiographical journey. Yogis deftly explores our current scientific, religious and philosophical views on our most fundamental emotion, and the reward is as significant

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as it is palpable. I absolutely loved this book and will share it with everyone--in particular, high performance athletes.”

The Fear Project: What Our Most Primal Emotion Taught Me ...

It tells us when we are afraid to put our trust in the Lord and it reminds us that He has not given us a spirit of fear and timidity but of

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love, power, and of
sound mind. 10 Bible
Verses about ...

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