



ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER
SEPTEMBER 2009



AUTHORS' NOTE

Writing about fear (as I've been doing in the last several newsletters) has been challenging. First, it forced me to look at my own fears and have to admit how much easier it is to look at others' instead of my own. I also realized just how many fears exist and how large a role they can play in our lives without us even recognizing their power. When I made a list of all the fears I could think of, I found that they could all be classified in only one category: security. Thus, the subject of this month's newsletter is what is behind our fears....security.

Until next month.....Lin

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New Book Release !!!

GUNS FOR HIRE, Red Zone Run: Mosul

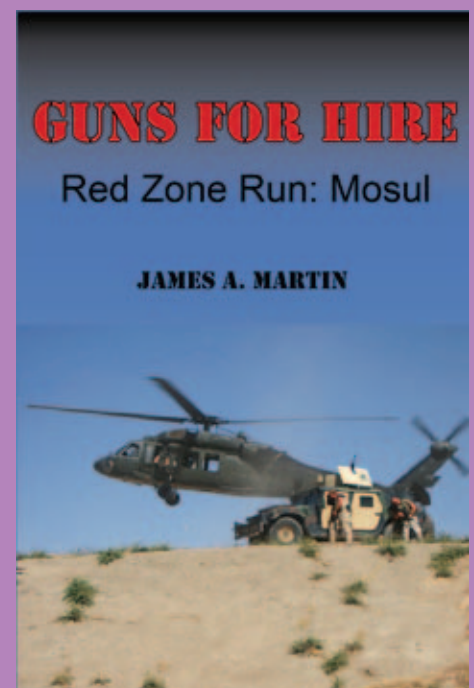
by James A. Martin

A private security company, SPARO, is responsible to create Personal Security Teams in Mosul, Iraq. To fill the positions on those teams, SPARO turns to professional soldiers who have the warrior skills needed to handle the dangerous runs that they will make into the enemy-filled Red Zone.

SPARO's new teams, designated as "Spartans", find themselves in life-threatening challenges every time they roll through the gates of the Forward Operations Base and into the Red Zone. The Spartans are in a constant struggle to out think, out maneuver and out fight the enemy on a daily basis.

The story focuses on one Spartan in particular, Jesse. Jesse left his foreign wife and their son in Hawaii to go on this mission to Mosul. As Jesse deals with the stress of war and running on dangerous missions with the Spartans, his wife and son deal with the challenges of living in a foreign country. The extreme cultural differences, language barriers and being alone take their toll on the young and beautiful Rini. She struggles to learn the American way of life while at the same time living in fear that her Jesse may never come home.

This book is part of the **GUNS FOR HIRE** series. To order, please go to www.onechoicecanchangealife.com.





This is another article on a series that will explore different types of fear, their formation, their affect in our lives, and how to diminish or eliminate their presence.

Behind the Fear: Security

When I started to make a list of all the different kinds of fears, I found it to be rather lengthy. To write about all the different fears I had listed was ludicrous, and the reason for writing about fear would be lost. So in order to better address the subject of fear, I thought it would make sense to group fears together that shared the some affinity. At first I believed that the fears easily grouped into two categories: (1) fears that resulted from a concern of being harmed and (2) fears that developed from a concern of being left out or excluded. Upon further examination, it dawned on me that these two categories were really born of the same, basic fear. The fear of harm or fear of exclusion both pose a threat to our security -- physical, mental, emotional, and/or psychological. Even though we may realize that fear is only in our mind (thus mental or psychological), they still can be very, very real. Many of you reading this are already thinking about how fears often come true. Knowing that they might do so gives them power over us. In fact they can be debilitating and control our lives.

Physical threats include such things as a fear of heights (acrophobia), the fear of spiders (arachnophobia) the fear of disease (pathophobia), being afraid of the water (hydrophobia), or possibly the fear of strangers (xenophobia). Examples of emotional fears are the fear of abandonment, fear of failure (atychiphobia), fear of success, being afraid of losing something or someone, concern over being alone (autophobia, monophobia or isolophobia), or the fear of going outside (agoraphobia). When you experience the same type of threat over and over, it can result in an extreme fear or phobia. I find it interesting that many fears or phobias are so widespread that they have been given names to identify them.

It is rare to find anyone who has managed to identify and overcome all their fears. What is important is to work through those fears that keep us from living our lives as fully as we would like. What we often discover is that we have inherited some of our anxieties from our parents. I inherited a fear of the water from my mother. It took me years to learn how to swim. Even after I had become a fairly good swimmer, I would react to my mother's panic whenever she was around me when I was swimming. I had to stay very conscious of how her fear affected me in order to just stay in the water. Once I could let go of the fear I realized how much I really enjoyed swimming. I especially had to put any residual fear aside when I began to teach my own child to swim so that I did not inadvertently instill a fear of the water in her.

Regardless of which fears we harbor, the root of all fear is the threat it poses to our security. Security can mean feeling we are safe from harm or that we can be comfortable and stable. Having fear is normal. Allowing fear to become a controlling force in your life is not healthy. When my security is threatened, I try to remember to stay calm and conscious of how my fear is affecting my behavior so that I don't fall into old behavior patterns or make irrational choices based on fear alone.



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