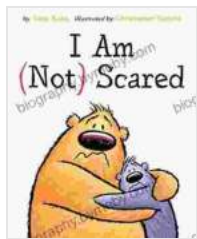


Am Not Scared You Are Not Small: A Guide to Building Confidence and Overcoming Fear

If you're struggling with confidence and fear, then you're not alone. Millions of people around the world suffer from anxiety and fear on a daily basis. But there is hope. In Am Not Scared You Are Not Small, you'll learn how to identify the root of your fears, develop coping mechanisms, and build the confidence you need to live a life free from fear.



I Am Not Scared (You Are Not Small Book 3) by Anna Kang

★★★★☆ 4.5 out of 5

Language : English

File size : 5713 KB

Screen Reader : Supported

Print length : 18 pages

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What Causes Fear?

There are many different things that can cause fear. Some fears are based on real threats, while others are based on irrational thoughts. Common causes of fear include:

- Trauma
- Genetics
- Personality traits
- Negative experiences

- Unrealistic expectations

The Impact of Fear

Fear can have a significant impact on your life. It can prevent you from taking risks, pursuing your goals, and living a happy and fulfilling life. Fear can also lead to physical and mental health problems, such as:

- Anxiety
- Depression
- Insomnia
- Stomach problems
- Headaches

How to Overcome Fear

If you're ready to overcome your fears and start living a life free from anxiety, then *Am Not Scared You Are Not Small* is the book for you. This book will provide you with the tools and techniques you need to:

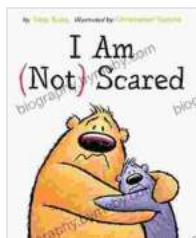
- Identify the root of your fears
- Develop coping mechanisms
- Build confidence
- Live a life free from fear

If you're ready to take control of your life and start living a life free from fear, then [Free Download](#) your copy of *Am Not Scared You Are Not Small* today. This book will change your life.

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by Anna Kang illustrated by Christopher Wormit

I Am (Not) Scared



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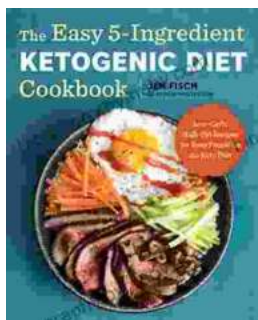
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