



## How to Overcome Your Fear of Death (Paperback)

By Trevor Johnson

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book \*\*\*\*\* Print on Demand

\*\*\*\*\*. It's a fact that death happens to all of us. Even with cryogenic storage, there's no way we can stop dying at the moment. But how we deal with our inevitable death can affect our day to day lives. If you suffer from a fear of death anxiety then this report gives you five methods that you can start using straight away to reduce your phobia of death and allow you to start living a normal life again: Talking about your death fears Preparing yourself for the future Pre-planning your funeral arrangements Stop taking things for granted Making your own bucket list All these ideas around the fear of dying are dealt with compassionately and in ways that you can start using in your day to day life so that you can cure your fear of death without costly trips to a shrink. Find out how to overcome your fear of death in this handy, easy to read, guide.



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