



# Let Go of the Fear: Powerful Stories & Lessons on How to Live a Bold and Fearless Life

*Michelle Hillaert*

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**Let Go of the Fear: Powerful Stories & Lessons on How to Live a Bold and Fearless Life** Michelle Hillaert

In *Let Go of the Fear*, Michelle Hillaert invites you to take your own journey through naming, claiming and overcoming fears you may not even realize are there. *Let Go of the Fear* will help you \* Define what fear is, how it affects us and why we fear in the first place. \* Identify the hidden roots of our fear. \* Recognize how our root fears are manifested in our daily lives. \* Overcome fear by taking specific action steps. \* Learn how to act in spite of our fears.

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