



The Fear Cure: Cultivating Courage as Medicine for the Body, Mind, and Soul

Lissa Rankin

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Not many people in the medical world are talking about how being afraid can make us sick—but the truth is that fear, left untreated, becomes a serious risk factor for conditions from heart disease to diabetes to cancer. Now Lissa Rankin, M.D., explains why we need to heal ourselves from the fear that puts our health at risk and robs our lives of joy—and shows us how fear can ultimately cure us by opening our eyes to all that needs healing in our lives.

Drawing on peer-reviewed studies and powerful true stories, *The Fear Cure* presents a breakthrough understanding of fear's effects and charts a path back to wellness and wholeness on every level. We learn: How a fearful thought translates into physiological changes that predispose us to illness

How to tell true fear (the kind that arises from a genuine threat) from false fear (which triggers stress responses that undermine health)

How to tune in to the voice of courage inside—our “Inner Pilot Light”

How to reshape our relationship to uncertainty so that it's no longer something to dread, but a doorway to new possibilities

What our fears can teach us about who we really are At the intersection of science and spirituality, *The Fear Cure* identifies the Four Fearful Assumptions that lie at the root of all fears—from the sense that we're alone in the universe to the belief that we can't handle losing what we love—and shifts them into Four Courage-Cultivating Truths that pave our way to not only physical well-being, but profound awakening. Using exercises from a wide range of mind-body practices and spiritual traditions, Dr. Rankin teaches us how to map our own courage-cultivating journey, write a personalized Prescription for Courage, and step into a more authentic life.

The Fear Cure: Cultivating Courage as Medicine for the Body, Mind, and Soul Details

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From Reader Review *The Fear Cure: Cultivating Courage as Medicine for the Body, Mind, and Soul* for online ebook

Wilderness says

Greatly enjoyed this book. The first few chapters were a bit off-putting off the bat (I was actually getting anxiety and fear from them!) but push through and you forget all about it as you begin to cultivate courage!

Jennifer says

One of the problems I have with self-help books is that sometimes they veer into what I think of as woo-woo territory--it's like the author has to find some way to make things sound extra-mystical, usually by Capitalizing Things and giving them cutesy names. That being said, once I dug through the self-help-ese, there were some remarkably useful suggestions not just for dealing with fear, but sorting out good, necessary fear from the kind of grinding anxiety our society tends to produce. That means I'll probably reread it at some point, despite my reservations.

Amanda Sheila says

****An Advance reading Copy of **The Fear Cure** by Lissa Rankin was generously provided to me via NetGalley in exchange of honest review.*

I rarely read a book with non-romance as the genre, especially self-help book like this one. But surprisingly, I enjoyed it.

The Fear Cure is basically an experience of some people, about their fears and how they handle it. It's relatable actually, despite the fact that I'm not an American. How fear can literally make you sick your stomach, your head even your whole body and force to lie down. This book explain how fear can trigger sickness and how it's perfectly normal, that you can beat it.

This book is pretty much an eye-opener. Even though it took me days to finished it, so far I enjoyed this book. I find myself silently nods and agrees with the opinion and I appreciate the knowledge.

Definitely won't harm you if you read this book once in a while.

Kate says

A lot of this book was familiar territory for me, but it's good to be reminded in new ways.

Rankin says stress is fear-based. For example, we say relationships are stressful but what exactly does that mean? We are afraid of betrayal or rejection, we're afraid to admit we aren't loved for who we are, we are afraid to admit we need more (or less) sex, freedom, connection, etc. We say we're stressed about

money...but "aren't we really afraid of the loss of power, comfort, and safety we think money provides?"

Most often, when we are fearful, it's "false" fear. Rankin says that "true" fear is a survival mechanism that kicks in at a moment when lives are truly at risk...which is less than one percent of our living time (like when we're in a car crash or choking or drowning). That means that when we feel fear in life, 99% of the time or more, it's our minds grappling for a way to feel emotionally safe.

So what's the Fear Cure? It's not necessarily to be cured of false fear...but to understand those fears as a way to enlighten, teach, and transform us. It's about making "peace with impermanence" and waking up to we really are.

She reminds us that pain is inevitable, but unnecessary suffering is caused by our resistance. So how do we drop resistance? We stop identifying with the (overblown) stories we tell and create NEW stories such as her Four Courage-Cultivating Truths that are meant to displace fearful assumptions:

1. Uncertainty is the gateway to possibility. (I call this the fertile void.)
2. Loss is natural and can lead to growth.
3. It's a purposeful universe. (To me, this links to the "growth" part of #2.)
4. We are all One.

For me, when I catch myself worrying (fear-based) I gently nudge myself to shift to wonder (joy-based). When I'm fearful of the unknown, I remind myself to feel the excitement within the adventure. Rankin says that worry wastes our time! And that's so true--it wastes our living time.

I like what she says about how we often use numbing (booze, drugs, food, internet addiction, busyness, sex, caffeine, etc.) as a "vulnerability shield." Once we get more comfortable with the unknown, we are less likely to feel a need to numb out. Even criticism of others can be a "vulnerability shield" because we are projecting our fears about ourselves onto others rather than examining our own shadows. She recommends practicing compassion for others and ourselves.

I like her suggestion of a way to not overly identify with your negative emotions: instead of saying "I am sad" say "I am with sad." That way, you're not saying you're a sad person but are acknowledging a feeling that is moving through you--and will change.

I also liked her idea about how to release resistance to loss by closing your eyes and repeating calmly to yourself (she says for 20 minutes!), "I accept."

Rankin says "Life can be the teacher, if only we let it. ... Every emotion is here to help you move in the direction of peace."

Rachel Blom says

First of all, this book was not what I had expected. I thought it would be more scientific-psychological and instead it went very alternative. I can't hold that against the author, because I should have checked her previous books. But when an author states that stress (caused by fear) can contribute to cancer and uses a story of a woman who sought to heal her fear before healing her cancer, that's incredibly dangerous and bordering on plain irresponsible. yes, I get the context and all that, but not everyone will and some readers

may take that advice completely the wrong way.

Anyways, this book states that fear leads to stress, which makes you sick in many ways. That in itself is a premise I can follow and agree with, up to a certain point. I think the author has been highly selective in her science to back this up, but okay. The book then continues discussing the false beliefs that cause so much fear and ends with some principles to overcome this fear.

I agree up to a certain point with the facts presented in this book, but the language made it hard to swallow for me. Talking about our 'Small Self' and our 'Inner Pilot Light' is one thing, but using anecdotal evidence for telepathy to prove that 'we are all one'...Nope. It's not that I'm not open to certain possibilities (I'm sure there's way more than we can observe, and especially grasp with our human minds) but to state these are facts, that's a couple of steps too far for me. It also takes away from the strong premise of the book, in my opinion.

I did get some nuggets of wisdom out of this, but my overall opinion is that this is not a book for people who value facts. By the way, the author is pretty honest about this, because she disses our cognitive minds and tells us to purely rely on our feelings. My feelings tell me this is not my cup of tea.

Kailey (BooksforMKs) says

I found this book really helpful and inspiring!

I like that there are useful and practical things you can do to learn and grow and become your best, most authentic self. It's not just an inspiring theory, but a real tangible way to live with actual measurable goals to change your life and deal with your fears.

This book did not resonate with me as much as her other book, *Mind Over Medicine: Scientific Proof That You Can Heal Yourself*, but I still found it really compelling, and I will be using some of the techniques to live a life without fear.

Manisha Rafai says

How to manual for curing fearful thoughts ! Loved the clear methods presented,

Valentina says

"Došlo je vrijeme kad je rizik ostanka u pupoljku bio bolniji od rizika koji je sa sobom nosio procvat". Anais Nin

Doista treba mnogo hrabrosti priznati sam sebi kako ne vladaš vlastitim životom i dopuštaš da tvoji strahovi upravljaju tobom. Mene su moji strahovi godinama pratili a onda me napokon sustigli i opalili mi jednu veliku pljusk. Otreznjuju?i trenutak u kojem shvatiš da žališ što nisi riskirao više, što si potratio vrijeme i što si odustao kad si upravo najviše trebao potegnuti. Što nisi iskora?io iz "zone ugone" kako bi napokon zapo?eo to putovanje kojem si uvijek težio i dopustio da te život oduševi.

Nisam veliki ljubitelj self - help literature ali s vremena na vrijeme volim, i osjetim potrebu,pro?itati neku dobru knjigu koja ?e mi pomo?i pogledati u sebe, osvijestiti bit i razviti dušu. Obogatiti me. Ovo je upravo

takva knjiga, koja liježi, obogađuje dušu i pomaže ti sagledati, prihvatiti i razumjeti vlastite strahove. Nema tu nekakvih zračnih formula ili trikova koji će kao rukom odnijeti vaše strahove, ali autorica vas potiče da osvijestite strah u sebi i da se ne sramite što ga osjećate. Isti će kako strah u sebi nosi dragocjenu poruku i ako ste voljni poslušati vlastiti strah, a ne bježati pred njim, on vam može pomoći da se vratite na put liječenja tijela, uma i duše, da rastete. Putovanje započinje kad ste voljni, i usred neizvjesnosti, sagledati život kao učitelja.

Mnogo je ozbiljnije kad vam stres i strah naruše i ozbiljno ugroze fizičko zdravlje. S medicinskog stajališta autorica se osvrti i na to pitanje u početnim poglavljima, te ukazuje kako je strahu moguće pristupiti i s drukčijeg stajališta. Izaziva vas da riskirate, suočavate se sa svojim strahovima i izazivate ih, i time ih postepeno prevladavate. Autorica govori i o intuiciji i na koji nam način ona može, ako ju znamo prepoznati i ispravno protumačiti, doprinijeti boljoj kvaliteti života.

Donosi iskustva vlastitih pacijenata koji su promjenom pristupa prema sebi uspjeli prevladati zloćudne bolesti i ozdraviti. Jer u sebi nosimo moć da u trenu promijenimo sve. Trenutak otrežnjenja dolazi kad bol nepomičnosti i vaša težnja za hrabrošću nadjačaju strah od promjene. Čitajući ovu knjigu ja sam dobila dodatnu energiju i hranu za rast.

Shannon L. Gonzalez says

Book Review:

The Fear Cure: Cultivating Courage as Medicine for the Body, Mind, and Soul
by Lissa Rankin

“While true fear is always protective and not something you want to lose, false fear can make the body sick if you don’t know how to handle it in a healthy way.” (Lissa Rankin)

“When the mind shifts from fear to love, the mind can heal the body and its not some fuzzy New Age metaphysical thing. It’s simple physiology.” (Lissa Rankin)

The Fear Cure is not about conquering that “fight or flight” response of fear. We need that fear to keep us safe from death threatening harm. It’s the physiological response when we let stress and the fear of unknown, the psychological fear that in turn creates havoc on our bodies that can be cured through the exercises in this book.

Dr. Rankin discusses how fear makes you sick. She provides scientific proof how the fear of everyday stresses deteriorates our bodies. When many in the medical community scoff at the idea that our minds create much of the diseases of the body, Dr. Rankin brings it to the forefront of conversation.

In part one of the book she discusses how fear makes a person sick. In part two of the book she continues with the truth of fear, discerning between what true fears are and what is imaginary stress scenarios. She discusses how as a culture we cling to certainty and the fear of uncertainty that rules how we decide on the course of life. She lists personal scenarios where she herself was put in physical danger and then how the stress scenarios that followed kept her in the state of fear response beyond what was needed to keep her safe.

With more stories of patients and friends, she continues teaching by example of pitfalls in life that created fear and how they overcame that fear to grow and survive.

In part three of the book she gives the prescription of change to free yourself. She says from her ride on an adventurous roller coaster ride, “If you’re able to trust that you’re safe, fear can be transformed into a thrill. Without trust, fear is just plain scary.”

She discusses ways to cultivate courage through moving beyond the comfort zone but in a safe manner. She discusses find trust in something to be an anchor so the cognitive mind can feel safe; so the cognitive mind can release its grip on certainty. In releasing control of avoiding uncertainty, a person can let courage be the place where they make decisions rather than a place of fear.

Dr. Rankin teaches that this false fear will always be there as it is impossible to quiet that fear-filled voice inside the mind, but the volume of that voice will be turned down so low that decisions aren’t made because of it. Instead it becomes a milestone marker with which to gauge progress. She finishes by asking “Who would you be if fear wasn’t stopping you?” with her six steps to cultivating courage anyone can follow the 27 detailed exercises to improve their lives, to heal themselves from the false fear response.

For more information about Dr. Lissa Rankin’s work and her other books please visit her website at <http://lissarankin.com/>

FTC Disclaimer: I was given an ARC of this title for review purposes only by Hay House Publishing. No other compensation was awarded.

Jamie Holloway says

Read my review on my blog

Beth says

[Note: Was originally posted to my blog, <https://elizabethhanssalem.wordpress.c...>]

I have followed Dr. Lissa Rankin’s career with interest for several years now, particularly as she inhabits the same corner of the self-help universe as other authors I admire, including Martha Beck and Tosha Silver (and what I refer to in my head as “The Hay House Cavalcade of Stars!”). Rankin also has one of the more honest email newsletters and blogs out there, and I’ve always appreciated her bravery in being so honest and open with her readers about what is going on in her personal life.

Rankin’s new book, *The Fear Cure: Cultivating Courage as Medicine for the Body, Mind, and Soul* (released on February 24, 2015), takes on issues of fear and anxiety, and discusses how fear drives how we live our daily lives, even though many of us remain unconscious of this, as Western society in particular tends to treat fear as a taboo subject. The book is a highly useful guide to getting past fear, largely by teaching that the key

to handling fear is to embrace it for the lessons it teaches, instead of doing what most of us do, which is to engage in avoidance behaviors.

Rankin points out that fear is actually a useful tool that warns us about the parts of our lives that we need to pay most attention to. Many of us, myself included, have spent years priding ourselves on being busy and stressed out, without admitting that these terms cover up the underlying reality, which is that we're really scared of uncertainty. We spend most of our time dealing with what Rankin calls "false fear," which is that sense of anxiety and paranoia that roams through our thoughts, leading us to feel small, to lash out at others, or to see the world as a terrible place. ("True fear," by way of contrast, is the adrenaline rush that kicks in when we are in actual physical danger, for example.)

The key, Rankin says, is to understand that false fear causes us to awaken to the truth about ourselves. In other words, fear can help cure you. She provides many strategies for getting in touch with fear, being kind to ourselves, figuring out what is really going on in the subconscious, and learning to surrender to the Divine. By becoming more vulnerable and honest, we can find the path to wholeness and a brighter future.

The book contains much discussion of clinical data if you are into that sort of thing, but is far more spiritually-oriented than Rankin's previous work, *Mind Over Medicine: Scientific Proof That You Can Heal Yourself*. She also provides multiple exercises and activities to help to promote your journey toward learning fear's lessons and moving forward with life.

I enjoyed this book very much, so much so that I ordered it from Amazon while I was about one-third of the way through my library's copy.

Source: ARC from the publisher via NetGalley, copy from my local library

Sarah Rehmatullah says

The Fear Cure is the most comprehensive book on the subject discovered to date

In *The Fear Cure*, Lissa Rankin has delved to the bottom of the ocean of fear that we may know how fear affects us and what you can do to conquer it. Rankin mentions Susan Jeffers book - *Feel the fear and do it anyway*, but somehow our subconscious keeps ticking away, sabotaging our best efforts.

Quote:- Stress hormones like cortisol weaken neuronal synapses in the brain and inhibit formation of new ones. When the hippocampus is weakened in this way, it's much harder to produce new neurons, thereby making new memories. So the weakened hippocampus fails to record new explicit memories.

The author shares ten signs that you have too many stress hormones. One such example is experiencing backache and/or headaches from stress, which occurs from depletion of the adrenal glands, which raises prolactin levels.

Dr. Rankin shares how her childhood wound regarding receiving love caused problems with her romantic relationship with men. She describes the situation so succinctly, that this will highlight similar situations that other women may experience, and thus assist many. She shares many times where she experienced fear, unflinchingly.

You will learn to let go of the small self fear and align to your Inner pilot light. Processes include meditation and exercises.

The journey from fear to freedom on page 96 will assist greatly to steer you through fear, by understanding the underlying reasons. This allows you to reevaluate your life from a clear perspective, and make healthier decisions.

Towards the end of the book, six examples of limiting beliefs are given, and the negative outcome in each scenario. Rankin teaches how to move from pessimism to optimism.

Exercise 23, Breaking the Chain of Generational Fear is very effective. Your operating principles are described. You will learn the difference between real and imaginary fear. Useful tools include:-

Write the prescription of courage for yourself.
Is Now the Time?

Everything shared by Dr.Rankin is backed up with facts and figures to reassure those requiring such.

The Fear Cure is the most comprehensive book on the subject discovered to date

Mandi says

The name of this book is a bit of a misnomer. This book is not, by any stretch of the imagination, a "cure" for fear. However, it has an enormous amount of information, personal stories and tips for the reader to stretch beyond his/her past ideas of fear.

Full review:

<http://theinsomniacbibliophile.blogspot...>

Tim Larison says

I received a complementary copy of this book for review purposes. The opinions are completely my own based on my experience.

Fear has been my constant companion. I've written on my blog in the past about my fear of public speaking, for instance, which I overcame through the help of Toastmasters. Yet when I conquer one fear there always seems to be another to take its place. That's why Lissa Rankin's new book, The Fear Cure, caught my eye. "What if fear isn't something to avoid, resist, or feel shame about?" she writes in the book's introduction. "What if, instead, fear is here to help you?" Intrigued by Rankin's different approach to fear, I wanted to read on.

The author differentiates between true fear – those fears that keep you alive in an often dangerous world – and false fear – unreasonable thoughts that prevent you from reaching your full potential. I've often been

ashamed to admit my false fears, and generally have considered them “bad”. Rankin believes false fears can actually be beneficial. “Both true fear and false fear can help you, if you know how to interpret them in healthy ways.,” she says.

I like how Rankin shares from her own experience throughout the book, including a harrowing account of being held up at gunpoint in a Colorado mountain tunnel. What fear was she feeling during this encounter? How did she react? The author tells all and turns it into a lesson for the reader. These personal stories are balanced with Rankin’s own research. Drawing from her medical background, Rankin quotes numerous experts on the fear topic. In this way the book appeals to a wide audience. Those who like facts from academia will appreciate Rankin’s detailed investigation into the subject, while others who prefer real life stories will find those accounts in *The Fear Cure*, too.

I also like how Rankin sprinkles “Courage-Cultivating Exercises” throughout the book. In one of these exercises the author asks readers to examine fears they struggle with. “Ask what message of healing your fear is trying to communicate,” she writes. “What might this fear have to teach you about your personal and spiritual growth? Where might you have blind spots in need of illuminating? Where are you stuck? How can this fear be a blessing?” In this way *The Fear Cure* can be a valuable tool for personal introspection.

“True fear is a natural survival mechanism, here to protect you, and false fear is an important teaching tool, here to enlighten you,” Rankin writes. Maybe, just maybe, all those fears I struggle with, past and present, aren’t so bad after all. *The Fear Cure* helped me to realize the experiences of my most intense fears, and overcoming those, were also the times of my greatest growth. The book gave me hope that the fears I am currently dealing with just might be leading me to a better life, if I listen to the messages they are trying to tell me.

Bella says

I would rate this book more like 4.5 stars out of 5. This book has many beneficial tips and I appreciate the scientific background offered. The only thing I really craved were for more personal stories of ordinary everyday people muscling through/healing/growing out of the fear/stress. Often, it's the everyday that stresses us out and not some extraordinary circumstance(s). Those stressors can cause a slow bodily and spiritual death. But, overall, I highly recommend reading this book. The author's blogs are great, too.
