



When Love Meets Fear: Becoming Defense-Less and Resource-Full

David Richo

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The author of the best-selling *Flow to Be an Adult* explains in his popular style how fear cripples our ability to release our full potential. He then presents a concrete program of change for overcoming this fear. Richo looks at the deepest roots of fear: fear of love, loss, change, being alone, fear of others, fear of self-disclosure, fear of giving and receiving, coming and going. His program includes becoming defense-less, that is, allowing ourselves to feel fear without our buffering defenses, and then becoming resource-full, that is, learning to act in new ways.

Features --

- is written in a conversational tone, yet is informed by dozens of sources and years of professional experience
- helps distinguish between neurotic fear and appropriate fear
- integrates psychology with an ecumenical spirituality
- includes affirmations, suggestions, and concrete actions

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