



# Beyond the Fear Factor:

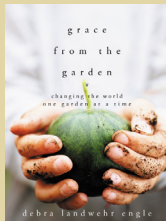
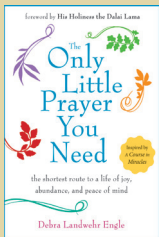
How to end the anxiety and make peace with your money, relationships and health—simply by changing your mind.

**Life may seem like a series of constant challenges. But with a few adjustments in what you believe about your life, your whole experience can change—faster than you think.**

## Story Ideas

- 1. Finding calm in the storm:** Five simple ways to reduce the stress in your busy life.
- 2. Are you fear focused or love focused?** Take this simple quiz to find out.
- 3. Letting go of grudges:** How to create peace in your corner of the world.
- 4. Set yourself free.** Three ways your thoughts are keeping you stuck, and how to unleash your potential for greater success.
- 5. The dating game:** Why your notions of romantic love may be setting you up for failure.
- 6. Build your money mindset.** Growing your nest-egg, one thought at a time.
- 7. New Year/New You:** Change your thought process; change your life for good.
- 8. Myth vs. reality:** Five things we believe about life that aren't true—and why you'll be happier if you change your mind.
- 9. Want to make the world a better place?** Five simple things you can do, starting today.
- 10. Finding peace in your cubicle.** How to reduce stress and deal with difficult personalities at work.

**Debra Engle, author,** is the co-founder of Tending Your Inner Garden®, a program of creativity and personal growth for women. She teaches classes in *A Course in Miracles*, writing and self-discovery.



“We need to encourage an understanding that...peace in the world relies on individuals finding inner peace.”

—His Holiness, the Dalai Lama, from the foreword to *The Only Little Prayer You Need*

“Debra Engle is one of the all-time favorite guests on my blogradio show. She is wise, caring, deeply thoughtful, provocative and full of fresh, inspiring insights.”

—Mary Blake, author, Multi Life Therapist, spiritual healer and blogradio host

## Media

TIME



The Des Moines Register



Chicago Tribune



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