

Chapter 1 : The fears men live by. (edition) | Open Library

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Fear is one of the most basic human emotions. It is programmed into the nervous system and works like an instinct. Fear helps protect us. It makes us alert to danger and prepares us to deal with it. Feeling afraid is very natural and helpful in some situations. Fear can be like a warning, a signal that cautions us to be careful. Like all emotions, fear can be mild, medium, or intense, depending on the situation and the person. A feeling of fear can be brief or it can last longer. How Fear Works When we sense danger, the brain reacts instantly, sending signals that activate the nervous system. This causes physical responses, such as a faster heartbeat, rapid breathing, and an increase in blood pressure. Blood pumps to muscle groups to prepare the body for physical action such as running or fighting. Skin sweats to keep the body cool. Some people might notice sensations in the stomach, head, chest, legs, or hands. These physical sensations of fear can be mild or strong. This response is known as "fight or flight" because that is exactly what the body is preparing itself to do: The body stays in this state of fight or flight until the brain receives an "all clear" message and turns off the response. All this can happen in seconds. Fears People Have Fear is the word we use to describe our emotional reaction to something that seems dangerous. But the word "fear" is used in another way, too: People fear things or situations that make them feel unsafe or unsure. In this case, the fear is helpful because it cautions the person to stay safe. Someone could overcome this fear by learning how to swim safely. A fear can be healthy if it cautions a person to stay safe around something that could be dangerous. But sometimes a fear is unnecessary and causes more caution than the situation calls for. Many people have a fear of public speaking. People tend to avoid the situations or things they fear. Avoiding something scary reinforces a fear and keeps it strong. For example, people who fly despite a fear of flying can become used to unfamiliar sensations like takeoff or turbulence. They learn what to expect and have a chance to watch what others do to relax and enjoy the flight. Gradually and safely facing fear helps someone overcome it. Fears During Childhood Certain fears are normal during childhood. Young kids often have fears of the dark, being alone, strangers, and monsters or other scary imaginary creatures. As they grow and learn, with the support of adults, most kids are able to slowly conquer these fears and outgrow them. Some kids are more sensitive to fears and may have a tough time overcoming them. When fears last beyond the expected age, it might be a sign that someone is overly fearful, worried, or anxious. People whose fears are too intense or last too long might need help and support to overcome them. Phobias A phobia is an intense fear reaction to a particular thing or a situation. With a phobia, the fear is out of proportion to the potential danger. But to the person with the phobia, the danger feels real because the fear is so very strong. A person with a phobia of dogs might feel afraid to walk to school in case he or she sees a dog on the way. Someone with an elevator phobia might avoid a field trip if it involves going on an elevator. She might feel terrible distress and fear when the sky turns cloudy. A guy with social phobia experiences intense fear of public speaking or interacting, and may be afraid to answer questions in class, give a report, or speak to classmates in the lunchroom. It can be exhausting and upsetting to feel the intense fear that goes with having a phobia. It can be disappointing to miss out on opportunities because fear is holding you back. And it can be confusing and embarrassing to feel afraid of things that others seem to have no problem with. Sometimes, people get teased about their fears. Some phobias develop when someone has a scary experience with a particular thing or situation. A tiny brain structure called the amygdala pronounced: Someone might develop a bee phobia after being stung during a particularly scary situation. For that person, looking at a photograph of a bee, seeing a bee from a distance, or even walking near flowers where there could be a bee can all trigger the phobia. Sometimes, though, there may be no single event that causes a particular phobia. People who have had strong childhood fears or anxiety may be more likely to have one or more phobias. Because the fear signal is so intense, the person is convinced the danger is greater than it actually is. Overcoming Phobias People can learn to overcome phobias by

gradually facing their fears. This is not easy at first. It takes willingness and bravery. Sometimes people need the help of a therapist to guide them through the process. Gradually, and with support, the person tries each fear situation on the list – one at a time, starting with the least fear. A therapist could also show someone with a dog phobia how to approach, pet, and walk a dog, and help the person to try it, too. The person may expect terrible things to happen when near a dog. Talking about this can help, too. A therapist might also teach relaxation practices such as specific ways of breathing, muscle relaxation training, or soothing self-talk. These can help people feel comfortable and bold enough to face the fears on their list. As somebody gets used to a feared object or situation, the brain adjusts how it responds and the phobia is overcome. Often, the hardest part of overcoming a phobia is getting started. Once a person decides to go for it – and gets the right coaching and support – it can be surprising how quickly fear can melt away.

The fears men live by by Selma G. Hirsh, , Harper edition, in English - [1st ed.].

Comments I think everybody loves inspirational quotes. They are powerful words of wisdom condensed into just lines. Therefore I thought it would be a great idea to come with the ultimate list of 50 inspirational quotes to live by. I hope these quotes will inspire you and motivate you. I encourage you to save this as a resource to come back whenever you are in need for a motivational boost, and we all know that every now and then we need a boost. I initially created this list as a resource for myself and I have bookmarked this page, so I could re-read it on regular basis. So please, save this resource for when you need it in the future and pass it on to those that you think will benefit from it. Talent is given, greatness is earned. Listen, smile, agree and then do whatever you were going to do anyway. Never let a bad day make you feel like you have a bad life. The person who says something is impossible should not interrupt the person who is doing it. It is never too late to be what you might have been. Great minds discuss ideas. Average minds discuss events. Small minds discuss people. The higher you climb the better the view. With patience you can even cook a stone. One of the best quotes to live by Life is not measured by the amount of breaths you take, but by the moments that take your breath away. In life, you get what you put in. Everything comes back around. Dream as you will live forever, live as you will die today. Whatever the mind of man can conceive and believe it can achieve. Some people want it to happen, some wish it would happen, others make it happen. Life is a stage and you get only one performance. Make it a good one. Life is short, live it. Love is rare, grab it. Anger is bad, dump it. Fear is awful, face it. Memories are sweet, cherish it. To live is the rarest thing in the world. Live life to the fullest because you only get to live it once. Begin each day with a grateful heart. Opportunity is missed by people because it is dressed in overalls and looks like work. Stop being afraid of what could go wrong and start being positive about what could go right. Everyday is a new beginning, take a deep breath and start again. If you wanna fly, you got to give up the shit that weighs you down. We cannot solve our problems with the same thinking we used when we created them. It is impossible to live without failing at something, unless you live so cautiously, that you might as well not have lived at all- In which case you fail by default. If you do not go after go after what you want, you will never have it. If you do not ask, the answer will always be NO. If you do not step forward, you will always be in the same place. Life is too short to wait. I have never in my life learned anything from any man who agreed with me. The man who removes a mountain begins by carrying away small stones.

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Accepting the reality of rejection is the first step to overcoming that fear. But why are we afraid of rejection? Where does it come from? Wanting to make a connection, you rack your brain for something to say. But wait, you think. It has to be something clever. Something to spark up an interesting conversation. Maybe something to get her to laugh. We need to keep the conversation going. She will reject us, and we will have failed. We learn all about the right and the wrong things to do. We read about strong body language and voice tone. Maybe he even gets some phone numbers. The woman he wants to get to know more than anyone else in the room. I have to talk to her, he thinks to himself. His heart starts pounding. His mind starts racing. And yetâ€¦ he does nothing. Maybe he gathers enough courage to walk over and start a conversation. Or he gets her number, but when he tries to contact her later in the week she simply ignores his texts and calls. He knows how to talk to women. He can even get phone numbers and dates. There is a reason for this. There is a fear lurking that he has been covering up. It is his deepest fear. Deep down inside, he knows the truth about himself: We do all of these things to finally prove that we have what it takes. Yet in the end, we remain just as afraid of exposing ourselves as we were before we learned anything at all. We touch her leg during a dateâ€”not because we desire to touch her leg at that moment, but because we were afraid to express our true desires from the beginning. If you cannot expose how you truly feel about yourself as a man, how can you expose what you truly desire as a man? We have missed the most important thing: We never accepted what we are really afraid of. Accepting Our Fears The fact is that we are intimidated because she is pretty. Yet we hide our intimidation out of fear that we will be exposedâ€”fear that she will know the truth about us. When we hide our fears, they grow. When a man is in the presence of a woman he is truly attracted to, all of those fears and insecurities he spent so much time concealing and running from come creeping back to the surface. There is nowhere for a man to hide who has not faced his own intimidation and insecurities. Because he has not faced them, he has never been able to understand them and, in turn, overcome them. She senses this imbalance in him instantly, and she is not interested in what he has to offer. So he returns homeâ€”another mediocre night out, another text message never responded to, another date without a sparkâ€”and retreats back to learn another technique to attract women by pretending like his fears and insecurities never existed in the first place. The cure to our problems with women is not learning what to say or how to act. She is not interested in how you act. She is interested in who you are. We first must understand why we are afraid, because that allows us to see who we are. From there we can start to understand who we want to become. The first step in curing the issue is discovering the actual source of the issue. What is the Source of Our Fear? Our inner fear is not a hard-wired instinct designed to keep us alive. Yet we think we have to do all of these things. In reality, we just want to talk to her. We want to get to know who she is. But what if we say something stupid? What if we were open and honest, and we presented her with the whole truth about who we areâ€”and she still said no? It would confirm our deepest fear: Maybe we just are not good enough after all. That is a rejection many men cannot handle. And without realizing it, he has just given her the power to validate and invalidate who he is as a man. Continue to the third article: The Illusion of Physical Beauty. Did You Enjoy This? Stay updated with the latest articles:

Chapter 4 : Fear of Men on Audiotree Live by Fear of Men on Amazon Music Unlimited

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One ceases to exist without the other, just like day and night. However, some people, especially young females, can be extremely fearful of men. Such type of abnormal and intense dread of men is known as Androphobia. Androphobia is signified by unreasonable, constant and exaggerated fear of men, and perceiving them as dangerous. An androphobic person tries to avoid men and their company as much as possible. If a female is androphobic, she might have men as friends but feel completely uncomfortable around them. The fear can be so intense that one might choose to remain single and unmarried for the whole life. Various factors that contribute in development of Androphobia in people are: Traumatic Experiences Various traumatic experiences can be directly associated with Androphobia in people. The fear of men can be traced to really distressful encounters with men previously. These can be physical and verbal abuse, rape and molestations. Even incidents like eve-teasing and bullying can cause the fear to generate. Such experience implants the idea that men are aggressive and ruthless, and can cause person damage. The phobia may also be triggered by witnessing or hearing about a significant other getting hurt by men. Learnt behavior The fear and nervousness of encountering with a man may also be rooted in the learnt behavior of a person. In almost all the societies and cultures, men are the dominant group. Men are known as the aggressive, physically stronger and tough beings. This might be causing fear of men to develop in some eventually. Genetics Genetics and heredity have also been related with Androphobia. People, especially females, are vulnerable if they previously have a family history of some phobias and anxiety. The fear and anxiety can be underlying in the genetic build as well. The Symptoms of Androphobia Common symptoms that can occur with people having Androphobia are: Intense, constant and unreasonable dread of men Even thoughts about men can provoke the fear Extremely nervous, numb and conscious around men Disturbing thoughts and nightmares of getting hurt or attacked by men Realizing that the fear is unreasonable Avoiding any kind of relationship or association with men In severe cases, avoiding to go out of home to stay away from men Panic attacks with signs of shaking, sweating and clammy hands, racing heartbeat, chest pain, profuse breathing, dizziness or fainting, nausea, getting fixed and abdominal discomfort When to Visit a Doctor? One will have to encounter a man at any point of a day. Severe cases of Androphobia can cause a person to completely avoid from going anywhere and isolate oneself. Different psychotherapies and medicines can be used for treatment for Androphobia. Exposure therapy with Relaxation Exposure therapy is an effective psychotherapy used for the treatment of Androphobia. This therapy is aimed at reducing the fear level by gradual exposures to the fearful subject. The therapist guides the person through the exposure sessions with real men, or images and videos of men. Using different relaxation methods such as controlled breathing, mind visualizations and meditations, the person faces the fear. Through the sessions, the therapist also teaches different ways to tolerate the fear, and retain normal behavior. The major aim of CBT is to identify the negative images linked with the fear of men, and modifying them into positive ones. Medicines In serious cases of panicking, medications may also be used. Commonly used medicines are anti-anxiety and anti-depressant medicines. These help to balance Serotonin levels which are responsible for the temperament of a person. Submitted by Rojika Maharjan.

Chapter 5 : 50 Bad Ass Inspirational Quotes to Live by

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Top 10 Fears Top 10 fears - what I'll say This list of fears below, listed in order, is based on the search engine keyword research I used to help create SelfHelpCollective. I guess on those few times that planes crash and people die it makes the news, and thus these fears are further fuelled. I guess, too, that you feel more in control whilst driving your car, so fear of driving is much less common even though you are far more likely to die driving to the airport than on the flight itself. But maybe fear of confined spaces is an issue here, as is fear of heights. Do I suffer from this fear? Yes, but only mildly. Not all at the same time, obviously! This fear is all about everybody taking notice of you, and listening to what YOU have to say. This is all about not fluffing your lines. So even though this fear is common - perhaps our greatest fear? And, really, my fear of heights is the same fear as my fear of jumping in front of an oncoming train or lorry Is this just me, or do you suffer from a similar fear? Anyway, clearly fear of heights is very common and one of the top 10 fears. So how to overcome fear of heights? Well, maybe this YouTube video will help Or you could sort yourself out via this HypnosisDownloads page. And overcoming fear of darkness starts with trying to understand what this fear is really all about. That is, answering the question, "What is it about the dark that frightens you? I think other fears - fear of rejection, fear of commitment, fear of failure - come into play, too. And change can be scary for all of us, at times! Like most fears, having fear of intimacy limits us as individual human beings! How to overcome these fears? Top 10 Fears 6. And I think it fuels many of the other top 10 fears. Again, this is fear of change and fear of what other people will think of you fear of rejection? I spent 2 years living in Malawi, Africa and saw enough huge creepy-crawlies to finally lose my fear of Daddy Longlegs and their ilk. I hate to say it, but fear of spiders is pretty much an irrational fear. I also think - as with the other top 10 fears listed above - that we can suffer this fear in one part of our lives, and not in another. Well, today I am, anyway!

Chapter 6 : Why do many women fear men | 2KnowMySelf

Snow White Doesn't Live Here Anymore. Connect with me on LinkedIn. Are Women's Fears Different from Men's Fears? Fear is a matriarchy; fear is passed down through mothers. Posted Sep 20,

Stephanie Kirk, the subject of the newspaper article, looked harmless enough. She was young, with long brown hair, and too much eyeliner. What had she done to strike terror in men? She had never physically hurt any of the men mentioned in the article. What she had done, they claimed, is to falsely accuse them of raping or beating her. But what this story underscored for me was the very different way that men and women perceive their own safety. A woman was jogging at 5: The rape is the kind of story that makes women realize how vulnerable we really are. It makes us think twice about walking through a darkened parking lot, running a simple errand after dark, or jogging alone. Because of our gender, we must constantly think about how to be safe. Fear proscribes how and where we live, where we walk, where we park, where we sleep, eat and travel. As women, we know there are some things we cannot -- or rather, should not -- do, some places we should not go. The media is our collective storyteller and the story it tells us over and over again is that there is no safe place -- not on the roads where we drive, on the streets where we walk, not even in the house where we live. We feel at risk because we are. Sometimes the stories appeared almost daily, often two or more in the same paper. Our files so soon started to bulge that I gave up adding anymore disheartening evidence. At the same time, we started hearing stories from our own acquaintances about their experiences: We were shocked a highly successful friend told about a husband who had pointed a gun at her head and threatened to kill her if she left him. We were stunned when we learned that the mother of a friend was raped in her own home at Everyone, it seemed, had a story. For too many of us, the most intimate of crimes is a bitter reality. But the fact is, women are physically more vulnerable. We learn early that we must take extra precautions to protect ourselves. We may be afraid of strangers, but it is the most intimate of strangers -- a husband, a lover, a friend -- who is most likely to hurt us. According to a U. Justice Department study, two-thirds of violent attacks against women are committed by someone the woman knows. Can we ever be too wary? Novelist Margaret Atwood writes that when she asked a male friend why men feel threatened by women, he answered, "They are afraid women will laugh at them. Ask a man the same question, and he might not understand what you mean. While we were working on our documentary, we conducted an informal survey, asking that very question to men and women. Their answers were enlightening. I got a dog, so that I can run with him, and I also carry mace on me now when I run. I always take my two dogs with me when I take out the garbage. Men, on the other hand, tended to be more afraid of failure or being humiliated. We take precautions a man never considers. I recently spent an afternoon with a single friend while a police officer did a security check of her home. I doubt many man would have considered such a check necessary. Not long ago a friend of mine called to ask me to stay with her for a few nights. There are plenty of bad guys out there and only a door or a window separates them from us. Though my windows are painted shut, the doors double locked and deadbolted, I still have an escape route plotted out in case I actually hear someone climbing up the steep stairs to the hallway outside the bedroom. I realize this is ridiculous, but who can help the dark demons that the night summons? Do men go through these elaborate scenarios in the dead of the night, trying to map out an escape route? But most women I know have a plan. A year-old woman we interviewed for our documentary thought she had taken precautions. She was raped a few months ago in her home when she heard her dog barking and opened the door to let it in. A masked stranger with a knife grabbed her, dragged her into the house and raped her. All women are vulnerable like I am. And you always need to be checking your back. It seems like we just keep having more and more things that we have to watch out for, and more and more freedoms we lose, just by our gender. It keeps telling women they can do anything, go anywhere, say anything, wear anything. Women will always be in sexual danger," she writes in her book *Sex, Art and American Culture*. To illustrate, she relates the story of a male student who slept in a passageway of the Great Pyramid in Egypt. I am a woman. I am not stupid enough to believe I could ever be safe there. There is a world of solitary adventure I will never have. Women have always known these somber truths. An anthropologist friend of mine who comes from a

perspective of looking at cultures past and present, agrees with her. She says women will forever be prey because of the differences between the sexes. They may be right. I never plan where I walk the dog or park my car. As women, we can take all the precautions imaginable, but the ultimate answer lies within each man and woman and what we will or will not tolerate as individuals, as communities and as a nation to allow our daughters, our sisters, our mothers and all the women in our lives to live without fear. Mary Dickson is the writer and co-producer of *No Safe Place: Violence Against Women*, airing Friday, March 27 at 9:

Chapter 7 : Half of Americans Live in Fear – They’re Called Men

The 3 Things a Man Fears Most: An Exposure of the Male Psyche It is funny we live in a world where the majority of articles are from a female perspective for females and articles on men are.

Here are three non-life-threatening things that men find truly terrifying. All positive emotions come from love, all negative emotions from fear. From love flows happiness, contentment, peace, and joy. From fear comes anger, hate, anxiety, and guilt. Please keep me safe. Please keep us safe. The explanations of these fears that follow are not presented as a plea for sympathy. A graceful no hurts a great deal less, while cruel, dismissive, ungrateful rejection drives a knife through the male psyche. Become a supporter and enjoy The Good Men Project ad free Handling rejection with compassion is about more than softening the blow to an interested suitor. Handling rejection with compassion is about more than softening the blow to an interested but uninteresting suitor. A callous dismissal that makes a man feel inferior can twist his respect for women towards bitterness and hatred. Unhealed wounds make for unhappy partners, and unhappy partners make for destructive relationships. Women are givers but men are givers, too, and just as much as women, we need to be recognized and reminded that we matter to you. We fear disappointing you because disappointment opens the path to irrelevance and ultimately rejection. Men may have an imbalance of privilege and power in the world, but women frequently hold the cards at home—through the giving and withholding of both sex and affirmation. But I encourage women to ask yourselves, how realistic are your expectations? Is he being a lout or just fallible and human? I hope these words help restore love, trust, and intimacy in your relationships. Comment below or write a response and submit to us your own point of view or reaction here at the red box, below, which links to our submissions portal. You can be a part of every call, group, class, and community. Register New Account Log in if you wish to renew an existing subscription.

Chapter 8 : Androphobia: Fear of Men - Causes, Symptoms and Treatment | Healthtopia

Androphobia is the abnormal and persistent fear of men (Greek: Andras-man and phobos-fear). Like with all fears, the fear of men is also ingrained or pre-programmed as an 'instinctual response to potential danger'.

Download Now Well, good morning. Dennis Quaid stars in it. You know, we normally have an Easter message. As Steve says, we do a lot of one-on-one meetings. And I want to start by reading you some words from a Dr. Richard Swanson, a very fine counselor, he wrote this wonderful book called Margin. Listen to what he says. I sit in my examining room and I listen, then I report what I hear. People are tired and frazzled. Something has truly changed. And so, I think it would be helpful for me just to talk for a few minutes about fear, that we might better understand it. If you think about it, fear operates in the realm of our imagination, and fear is all about the future, and the uncertainty over the future, and it always involves circumstances and events that have the potential to turn out badly, and therefore, it can create all kind of havoc and pain in our lives. I had somebody share this with me a week ago. He says, you see it in various words or languages. Be anxious for nothing. Let not your heart be troubled. Why is it that basically He wants us to live this life with a peace in our hearts, and to live without fear, and I think the answer is pretty simple. You see, fear is a powerful emotion, and when you consider the causes of fear, you know, you really can, I think, categorize them into four different areas. The first is basically business and financial concerns. You know, you think about your career. So much of it falls on your shoulders. So much of it is truly your responsibility, but you know what? None of us have control over the economy. None of us have control over the stock market. None of us have control over interest rates. I mean, think about it, even the greatest retailers in the world never anticipated Amazon and online selling. Will I have enough money to live on? Will I have enough? The second, and this is most obvious to all of us I think, is that we fear the well-being of our family, and our loved ones, and even our own lives. My oldest son was on a mission trip over spring break. Is he going to make it home all right? You know, these things that just continually, fears about our children, I think, are very common, and I think parents do experience their greatest fear and anxiety over their children. Bryan and I were just talking about this. You see, the fear of failure, for so many men, is like a psychological death, and so, it causes us, and this kind of explains how we approach life. You see, for most men, life is all about what I do, and how successful I am at what I do. And the problem comes out when I begin to think about this, think of it in these terms. What do you think about what I do? How do you rate what I do? How do you rate my life? And what if I fail at what I do? What would you think of me then? Would you value me? You see, the fear of rejection is a powerful force in the life of every man. It was by a guy named Damien Ference. He teaches at some seminary up in Ohio. I could never get the name and find the name of the seminary, but he says something very interesting about rejection. I never thought of this. I never would have thought that. Do you see how the fear of rejection, I could, I wrote a book on this, you can buy it today, The True Measure of a Man. Because if we talked about our fears, what would you think about me? What would you think about me as a man? Now, finally, our greatest fear is why Easter is so important. The fear of death and dying. The unbelievable brevity of our lives conflicts with our deep-seated yearning for permanence, and with our lifelong fear of being separated from those we love. Blaise Pascal, the brilliant French mathematician, he says that most humans, deep down, experience unhappiness, and he says, the reason for our unhappiness is quite clear. Death is the most obvious fact of life. It slaps us in the face when we realize our own helplessness at overcoming it. Deep down, we are haunted by the notion that when we die, we experience the loss of everything in life. Because pleasure is what keeps us from having to think about our mortal condition and the loss of our very being at death. He said, I worked with him daily, I interacted with him, I had the opportunity to interact with him daily, my office was right next door to his, and he said, you know, this man had everything, everything you could ever want. But I want to go back to what Swanson said. Well, as I studied this, and as I read a lot, I think it goes back to the s, when W. That I can live better my life better without Him. I can live autonomously, I can live on my own. We lived over in Crestline, our family did, and it was Halloween night, and I wanted to go trick-or-treating with older kids in the neighborhood, you know, who

were 8, 9, and This was a time before you worried about your children and what they might, what might happen to them out in the neighborhoods. He was looking for me, and the moment I saw him, all my fear left me. It all left me. And you know what had happened? You see, I had tried to take on something that was way too big for me to handle as a young boy. Please hear this, men. And a simple way to understand this is to see and understand ourselves in this life. You know, God uses a lot of great metaphors to help us understand ourselves in the Bible, and one of the metaphors He uses, He says, we are like sheep. And, you know the problem with sheep? This is so simple, because, if a sheep has a shepherd looking after him, they can flourish, life is good. When a wild animal comes along, the sheep can just rest in the care of the shepherd. All a sheep is asked to do is stay close to the shepherd. And you know, this is so true of us as people. Now, I want to share with you a second perspective that I think you can really relate to. You know, when we experience real peace in our lives? When we feel a real sense of security. You know, I love this definition of security. You know what the key phrase there is? He says we all, every one of us, has what he calls a personal center. You see, the Bible tells us that Christ should be at our personal center because He desires to walk through life with us, to guide us, and give us wisdom, so that we might have that ultimate security, and the person, as far as my reading, that really got this, and spoke on it so well was C. He found the very center from which all of life flows. And I might add this. You see, this is the way God designed it. This is the key to see your life really flourish. Now, I know hope is kind of, not a very meaningful word to modern people because we used it as a verb. Which does not give you much certainty. But you know in the New Testament, the word hope is used 80 times as a noun. Listen to what hope as a noun means and think about how important this is for your life. Hope has to do with the future. Fear operates also in the realm of the future. And he said, it was all about the hope that they had about the future. These are his words. Listen, this is powerful, guys. Only a few of the prisoners were able to keep their inner liberty and inner strength.

Chapter 9 : Fears and Phobias

One such frailty is fear: women's fears of sexual exploitation, men's fears of sexual humiliation. Technology has altered the stakes for both, as the Shitty Media Men list made clear. For the women who contributed, the spreadsheet presented a revelatory new kind of solidarity – the chance to bring fears into the open and share them.