

Fear Resources

Studies, Courses, Leaders, Books on Amazon, Interesting Reads

Resources For Scientific and University Research On Fear. Specific articles are listed, but the websites' offer other relevant research.

#	Resource
1	Fear learning studies point to a potential new treatment for PTSD http://news.emory.edu/stories/2013/06/ptsd_opioid/
2	Studies find heart can affect how we feel fear http://www.independent.co.uk/news/science/studies-find-heart-can-affect-how-we-feel-fear-8563673.html
3	Fear of the dentist is passed on to children by their parents http://www.sciencedaily.com/releases/2012/11/121116085552.htm
4	Fear conditioning in adolescents with anxiety disorders http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2788509/
5	A meta-analysis of fear of falling treatment programs for the elderly http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0027657/
6	Fear of Success http://www.psychologytoday.com/blog/somatic-psychology/201101/fear-success
7	Predictors of Fear of Crime and the Relationship of Crime Rates and Fear of Crime https://www.urj.ucf.edu/vol1issue1/truman/literature.php
8	The Chill of Fear:Dread requires only a tenth of a second to take http://hms.harvard.edu/news/harvard-medicine/chill-fear
9	A Terror Management Perspective: Terror Management Theory And Fear APPEALS http://faculty.bschooll.washington.edu/mbares/Thoughts/Terror%20Management.pdf
10	Fear Of Needles http://macha.itc.griffith.edu.au/dspace/bitstream/handle/10072/27947/55983_1.pdf?sequence=1
11	Overcoming the Fear of Making Mistakes http://psychcentral.com/lib/overcoming-the-fear-of-making-mistakes/00012191
12	Review of Famous Psychologists http://psychology.about.com/od/historyofpsychology/tp/psychologists.htm

This section provides a collection of professional resources, courses, and programs about fear and overcoming fear of flying, speaking and success.

#	Title	Description	URL
1	Conquer Your Fear Of Flying	<p>The fearless flyer course is divided into two parts:</p> <p>Part 1 – We will deal with any misconceptions that you may have about flying and give you proven techniques to be able to delete those old mind patterns that you have running in your head.</p> <p>Part 2 – You will go on what we call an “Experience Flight”</p>	http://fearlessflyer.easyjet.com/
2	Takeoff Today - Questions and Answers to Help Get Rid of Flying Fears	A guide to everything about flying - from turbulence to what happens if landing gear malfunctions, the guide has a question and answer format.	http://takeofftoday.s3.amazonaws.com/TakeoffTodayFree.pdf
3	Free Fear of Flying Help from SOAR	SOAR offers a free online course geared towards conquering the fear of flying. They also offer several DVD programs for purchase. The free program offers tips, includes a weekly online newsletter, and a forum.	http://www.fearofflying.com/free_video.shtml
4	Virgin Atlantic 'Flying Without Fear' - UK	Virgin Atlantic is one of the airlines offering courses to deal with fear of flying, including a flight with support from the course instructors. Courses are offered throughout the U.K.	http://www.flyingwithoutfear.info/
5	Fearless Flyers - Australia	Non-Profit, volunteer organisation run by women pilots since 1979 in association with Qantas Airways Ltd and Airservices Australia." The course includes tours of different ground operations and a flight. Courses are offered in Australia.	http://www.fearlessflyers.com.au/index.htm

#	Title	Description	URL
6	Fear of Flying Courses - Canada	DePlour runs programs at airports across Canada with an optional flight at the end. It isn't cheap - \$795 Canadian plus tax, and the flight is extra.	http://www.deplour.com/en/our_workshops.html
7	Fear of Flying Clinic - USA	The Clinic is held at the San Francisco International Airport as well as other aviation facilities in the Bay Area. It is under the leadership of Jeanne McElhatton, a flight instructor, commuter pilot and NASA aviation safety analyst. Classes are conducted by a team of highly qualified aviation professionals and licensed behavioral therapists. The Clinic has an extremely high success rate in helping people overcome the fear of flying.	http://www.fofc.com/
8	Getting Rid of the Fear and Horror of Public Speaking	This seminar is not designed to polish your presentation skills. Instead, it concentrates on that all-important first step: it gives you the confidence to stand in front of a group and speak.	http://www.dalecarnegie.com/
9	Psych Basics: About Fear	Series of a number of articles and references about fear.	http://www.psychologytoday.com/basics/fear
10	Brian Germain's Transcending Fear Seminar	Clarify the effects of fear: Explore how these effects create significant problems in competence, productivity, communication skills, capacity for intelligent insight, and health. Inspire you about the value of cultivating your skill of emotional re-direction in order to regain your psychological balance in hot situations. Present the most effective methods for diminishing your fear, and help you to convert it into positive emotion in order to return to your highest self.	http://www.transcendingfear.com/seminars.html
11	The Leader's Institute	Public Speaking: Fearless Presentations® Speaking Course Speaking, presentation and tips. Online and offline.	http://www.fearlesspresentations.com/

#	Title	Description	URL
12	Fred Pryor Seminars & CareerTrack	Communication/Personal Development	http://www.pryor.com/Site/BrowsePS.aspx

This listing consists of new and popular as well as some old favorites. Perform a search and replace of the text string “replacewithyouraff-20” to insert your own Amazon affiliate id into the affiliate link.

#	Title	Author	Affiliate link (replacewith youraff-20)	Amazon link
1	Conquering Fears & Anxiety + Peace of Mind (Super Strength Series)	Bob Griswold	http:// www.amazon.c om/gp/ product/ 1558481079? ie=UTF8&camp =1789&creativ eASIN=155848 1079&linkCode =xm2&tag=repl acewithyouraff -20	http:// www.amazon.com/gp/ product/1558481079
2	Complete Idiots Guide to Conquering Fear and Anxiety	Sharon Hlr	http:// www.amazon.c om/gp/ product/ 002862727X? ie=UTF8&camp =1789&creativ eASIN=002862 727X&linkCode =xm2&tag=repl acewithyouraff -20	http:// www.amazon.com/gp/ product/002862727X
3	Anxiety, Phobias, and Panic	Reneau Z. Peurifoy	http:// www.amazon.c om/gp/ product/ 0446692778? ie=UTF8&camp =1789&creativ eASIN=044669 2778&linkCode =xm2&tag=repl acewithyouraff -20	http:// www.amazon.com/gp/ product/0446692778

#	Title	Author	Affiliate link (replace with your aff-20)	Amazon link
4	Mind Monsters: Conquering Fear, Worry, Guilt and Other Negative Thoughts that Work Against You	Kevin Gerald	http:// www.amazon.c om/gp/ product/ 1616387386? ie=UTF8&camp =1789&creativ eASIN=161638 7386&linkCode =xm2&tag=repl acewithyouraff -20	http:// www.amazon.com/gp/ product/1616387386
5	Overcoming Fear, Worry, and Anxiety: Becoming a Woman of Faith and Confidence	Peter Wunstorf	http:// www.amazon.c om/gp/ product/ 0736905898? ie=UTF8&camp =1789&creativ eASIN=073690 5898&linkCode =xm2&tag=repl acewithyouraff -20	http:// www.amazon.com/gp/ product/0736905898
6	Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety	Donna B. Pincus	http:// www.amazon.c om/gp/ product/ 0316125601? ie=UTF8&camp =1789&creativ eASIN=031612 5601&linkCode =xm2&tag=repl acewithyouraff -20	http:// www.amazon.com/gp/ product/0316125601

#	Title	Author	Affiliate link (replace with your aff-20)	Amazon link
7	Anxiety and Panic Attacks: Their Cause and Cure: The Five-Point Life-Plus Program for Conquering Fear	Robert Handly	http://www.amazon.com/gp/product/0892562765?ie=UTF8&camp=1789&creativeASIN=0892562765&linkCode=xm2&tag=replacewithyouraff-20	http://www.amazon.com/gp/product/0892562765
8	The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells	Randi Kreger	http://www.amazon.com/gp/product/1592853633?ie=UTF8&camp=1789&creativeASIN=1592853633&linkCode=xm2&tag=replacewithyouraff-20	http://www.amazon.com/gp/product/1592853633
9	Freedom from Fear: Overcoming Worry and Anxiety	Neil T. Anderson	http://www.amazon.com/gp/product/0736900721?ie=UTF8&camp=1789&creativeASIN=0736900721&linkCode=xm2&tag=replacewithyouraff-20	http://www.amazon.com/gp/product/0736900721

#	Title	Author	Affiliate link (replace with your aff-20)	Amazon link
10	Thrive, Don't Simply Survive: Passionately Live the Life You Didn't Plan	Karol Ladd	http://www.amazon.com/gp/product/1416580492?ie=UTF8&camp=1789&creativeASIN=1416580492&linkCode=xm2&tag=replacewithyouraff-20	http://www.amazon.com/gp/product/1416580492
11	Retraining the Brain: A 45-Day Plan to Conquer Stress and Anxiety	Dr. Frank Lawlis	http://www.amazon.com/gp/product/0452295629?ie=UTF8&camp=1789&creativeASIN=0452295629&linkCode=xm2&tag=replacewithyouraff-20	http://www.amazon.com/gp/product/0452295629
12	Maa: A Guide to the Kamitic Way for Personal Transformation	Derric Moore	http://www.amazon.com/gp/product/0985506709?ie=UTF8&camp=1789&creativeASIN=0985506709&linkCode=xm2&tag=replacewithyouraff-20	http://www.amazon.com/gp/product/0985506709

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13	Anxiety and Panic Attacks: Their Cause and Cure: The Five-Point Life-Plus Program for Conquering Fear	Robert Handly	http://www.amazon.com/gp/product/0892562765?ie=UTF8&camp=1789&creativeASIN=0892562765&linkCode=xml2&tag=replacewithyouraff-20	http://www.amazon.com/gp/product/0892562765
14	How to Do Life: What they didn't teach you in school	Marty Nemko	http://www.amazon.com/gp/product/1467960705?ie=UTF8&camp=1789&creativeASIN=1467960705&linkCode=xml2&tag=replacewithyouraff-20	http://www.amazon.com/gp/product/1467960705
15	Mind Over Medicine: Scientific Proof That You Can Heal Yourself	Lissa Rankin	http://www.amazon.com/gp/product/1401939988?ie=UTF8&camp=1789&creativeASIN=1401939988&linkCode=xml2&tag=replacewithyouraff-20	http://www.amazon.com/gp/product/1401939988

#	Title	Author	Affiliate link (replacewith youraff-20)	Amazon link
16	No Time for Fear: Voices of American Military Nurses in World War II	Diane Burke Fessler	http:// www.amazon.c om/gp/ product/ 087013440X? ie=UTF8&camp =1789&creativ eASIN=087013 440X&linkCode =xm2&tag=repl acewithyouraff -20	http:// www.amazon.com/gp/ product/087013440X

Interesting Reads

1. Three War Photographers: Feel Fear, Keep Going

<http://lightbox.time.com/2012/05/28/war-photographers/>

2. FOMO: DO YOU HAVE A FEAR OF MISSING OUT?

<http://greatist.com/happiness/fomo-do-you-have-fear-missing-out>

3. FORGET FEAR. WORRY ABOUT THE ADDICTION: MY FIRST TRAPEZE CLASS

<http://greatist.com/fitness/forget-fear-worry-about-addiction-my-first-trapeze-class>

4. 10 Scariest Songs According to Research on Fear and Noise

<http://www.parade.com/221528/viannnguyen/10-scariest-songs-according-to-research-on-fear-and-noise/>

5. 10 Famous Psychological Experiments That Could Never Happen Today

<http://mentalfloss.com/article/52787/10-famous-psychological-experiments-could-never-happen-today>

6. The Little Albert Experiment

<http://psychology.about.com/od/classicpsychologystudies/a/little-albert-experiment.htm>

7. The Psychology of Fear

<http://www.futurehealth.org/populum/page.php?f=The-Psychology-of-Fear-by-Saberi-Roy-100903-820.html>

8. 15 Best Overcome Fear Blog Posts of 2013

<http://theboldlife.com/2013/12/15-best-overcome-fear-blog-posts-of-2013/>

9. Helping Kids Overcome Fear of Failure

http://greatergood.berkeley.edu/article/item/how_to_help_kids_overcome_fear_of_failure

10. CARNEGIE HERO FUND COMMISSION

<http://carnegiehero.org/about-the-fund/history/>

11. 9 heroic teens and their incredible acts of bravery [Updated]

<http://theweek.com/article/index/239081/7nbspheroic-teens-and-their-incredible-acts-of-bravery>

12. 10 Heroic Last Stands from Military History

<http://listverse.com/2009/08/28/10-heroic-last-stands-from-military-history/>

13. Medal of Honor Recipients

<http://www.history.army.mil/moh/index.html>

14. Aboriginal Breastplates

http://www.nma.gov.au/online_features/aboriginal_breastplates/commemoration_heroic_acts

15. Moral Heroes

<http://moralheroes.org/>

16. Fearless Woman Lacks Key Part of Brain

<http://news.sciencemag.org/brain-behavior/2010/12/fearless-woman-lacks-key-part-brain>

17. The top 10 CNN Heroes of 2013

<http://www.cnn.com/2013/11/01/us/top-10-cnn-heroes/>

18. The Story of an Unsung 9/11 Hero

<http://www.thedailybeast.com/articles/2013/09/11/the-story-of-an-unsung-9-11-hero.html>

19. Your Everyday HEROES

<http://www.values.com/your-everyday-heroes>

20. Oprah Walks on Fire - Oprah's Next Chapter - Oprah Winfrey Network

<http://www.youtube.com/watch?v=1Cwk6AB8dM4>

21. Fear.Less Stories

<http://fearlessstories.com/>