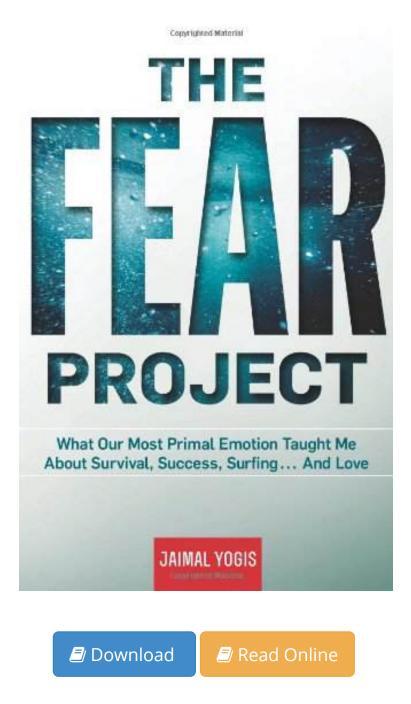
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## The Fear Project: What Our Most Primal Emotion Taught Me About Survival, Success, Surfing . . . and Love

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3 of 3 review helpful I like Jaimal Yogis By Lucia Peniston I like Jaimal Yogis I think I saw him at the Beach SF once I love how he disects fear which is something surfers must contend with It s full of personal experience and researched well through different disciplines like psychologists extreme sports enthusiasts and professionals alike I feel this book helped me face my own fears become more intimate An epic adventure full of incredible characters death defying athletic achievement and bleeding edge science THE FEAR PROJECT began with one question how can we overcome our fears to reach our full potential Who among us has not been paralyzed by fear In The Fear Project award winning journalist and surfer Jaimal Yogis sets out to better understand fear why does it so often dominate our lives what makes it tick and is there even a way to use it ldquo There is a hell of a lot of fun packed between these two covers Wonderfully reported unflinchingly honest and definitely big balled If Jaimal Yogis deep dive into fear doesn t make you want to go out and push your limits well you re probably alre

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