



The Fear Book: Facing Fear Once and for All

Cheri Huber, June Shiver (Illustrator)

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Rather than explaining typical strategies for overcoming fear, this book focuses on examining how fear is experience, how to recognize that experience as nothing more than conditioned reaction to circumstance, and how to mentor oneself into letting go of beliefs about "appropriate" responses to fear. The notion is debunked that fear is anything other than a label we have learned to put on a set of physical and emotional responses, which is a Buddhist view of emotion in general.

The Fear Book: Facing Fear Once and for All Details

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Author : Cheri Huber , June Shiver (Illustrator)

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C.E. G says

A patron recommended this author to me, and while I got some stuff out of it, it was different from what I expected. Much of what Huber says seems to address a specific kind of fear: an anxiety about performance. This is helpful, but I would also be interested in hearing her talk about fear induced by trauma. Like, she looks a lot at fear of trying something new or failing that has come about by adults telling you how to be careful growing up. But what about fear that isn't socially prescribed, but the result of bad things actually happening? She addresses fear of what might happen, not fear of what has happened, and though what she says is relevant to most types of fear, I think traumatic fear could have used more attention in a book about fear.

Some good quotes:

"Anxiety is the dead of an experience that I won't be able to stand."

Procrastinating on looking at fear is "regrettable because at that point it has all become so serious and so grim that we don't see that it can be interesting and fun."

"First I learn to disidentify from that part of me who is afraid. Until I disidentify and move into the mentor role, I'm incapable of compassionate response."

"Fear is the hunted, not the hunter. Fear is the quarry you must stalk and confront and unmask. The stronger the fear, the closer you are to what you are seeking."

"When I approach everything as an opportunity to heal, there is nothing that will not be available to me."

"Fear is not what keeps us safe, intelligence is."

"Fear is a very useful signal along the path to freedom. The stronger the fear, the closer you are to what you are seeking. If you want to stay "safe" (i.e., stuck where you are), fear tells you to stop what you are doing. But if you want to be free, fear lets you know you are on the right track, it is a signal to push ahead in the same direction, to pick up the pace."

Ariane says

Pretty good, quick little read with a few "aha" moments. My moderate rating is just because it was a bit repetitive in parts, and some of the writing wasn't very clear. I've got a few of her others in my to-read pile though, and am still looking forward to them!

Kara says

Lovely, meditative read—biggest takeaway: being a mentor to yourself is the quickest way to eliminate fear.

Eshaneh says

There are a lot of self-help books out there, but this is much more than a self-help book. Reading this book is more like having a conversation with a wise being who gently guides you to listen to your inner voices of wisdom and clarity. I know I will come back to this book again and again, and I wish I had read it earlier.

Patty says

I didn't think this book would have a lot for me, since I don't think of myself as experiencing "fear" that often. But I do experience "anxiety," and in reading this book I realized they are essentially the same thing. Huge, helpful awareness.

Michael says

Filled with platitudes that don't really say much of anything, I found Chris Huber's *The Fear Book* to be vaguely annoying. While the basic precepts are sound, and the examination of the process and experience of fear interesting, the overall thrust of the book was not very useful for me.

Eli says

OK. I "get it" a lot better now. This book is an excellent tool for starting to disassociate oneself from one's fear and get a good look at it – to get to the bottom of it and maybe work through it. There's enough difference from *The Depression Book* that I didn't feel like I was rereading the same book, but enough overlap that I could say, "Yeah, I needed to hear that again." Another great step along my (or anyone's) road back to wholeness.

Sparrow Knight says

A quick read, getting to the heart of zen practice...staying in the midst of strong emotion & investigating its nature, how it rules our lives & destroys our freedom. Huber's writing sometimes left people confused in our small study group, but sorting that out actually made for good discussions, gave everyone an opportunity to express their understanding of what was being said about practicing with fear. This often lead to insight into fear's nature, or new perspectives on how to approach working with it.

The Fear Book is not Dharma-heavy, it is more practice based. The Buddha and his teachings are not

mentioned. There's no lists of antidotes, no mention of emptiness or bodhisattvas, just.... You sit down & fear comes up. What do you do?

Coyora Dokusho says

I read this, IT WAS EXCELLENT. It's one of those books you read again and again and again. I forgot to review it at the time... and I think I read it in... August? - Best guess.

It was really, really helpful.

Jay says

Quick read but lots of information written in a very informal manner. The main theme of the book is to see fear for what it is and to identify it as only fear and not allow it to overwhelm your ability to live.

Renetta says

A book that I am sure I will revisit often :-)

Tarin says

I love cheri huber books...She is a budhist monk....and her books are really easy reading... she hand writes the book and includes really cute hand drawn sketches to illustrate her ideas.

John says

These jumped out at me:

pg 1-2

Fear is a very useful signal along the path to freedom. The stronger the fear, the closer you are to what you are seeking. If you want to stay "safe" (i.e., stuck where you are), fear tells you to stop what you are doing. But if you want to be free, fear lets you know you are on the right track, it is a signal to push ahead in the same direction, to pick up the pace.

pg 54 - 55

If you no longer believe what fear tells you, you will live and it will not. That is a point on the spiritual journey that almost nobody gets past. When that terror arises, when it gets backed into a corner and it is a matter of its survival or yours, almost nobody has the required combination of courage, desperation, willingness -- to stand up to it. When this force in you that has controlled and motivated you all your life is

screaming, "If you do that you're going to die!" very few people are going to say, "Well, I just need to find out if that is so." That's why it is so important to remember that projection is going on. What's being screamed is, "If you stay with this, I will die." And that's true: "I" will die. Its life is your death. Its death is your life.

Colored Ink says

This book looks simple, even childish, but is very powerful. I was loaned this book and read it several times before returning it. May need to get a copy of my own, to re-read once in a while.

I was in a very, very dark and scary place at the time, almost paralyzed by a set of seemingly-insurmountable circumstances, and unable to handle (or even deal with civilly) the well-meaning advice of friends and family. I did not take well to being handed this book, but eventually, in desperation, sat up in bed in the middle of the night and read it. This book is very accessible. Made a big difference, and helped me tremendously.

Justme says

Should be read by all teens and reread by all adults planning to be parents! And the fact that such a quick read could make a **TREMENDOUS** difference in the well-being of your child...well, it's never too late!
