



Americans Releasing Fear Of Terror In Unusual Way

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Hundreds of people learning how to quickly overcome their fear of terror attacks.

PR9.NET August 06, 2004 - As fear of another terrorist attack grips the nation, many are finding relief in an unexpected place.

Hundreds of Americans have been learning to "Wipe Out Their Fear" of terror by making a simple phone call. For the last several months, Jeffrey Putnam, President of Freedom By Design, Inc. has been providing free telephone seminars for people dealing with unwanted fears.

During 911 and in the years that followed, Americans have been exposed thousands of times to the pictures and stories of that day. While 911 happened only once, we have relived it on television and in our minds again and again. Putnam suggests that this repeated exposure has conditioned Americans to compound the fear of future attacks.

"Letting go of fear and replacing it with a sense of peace can be as simple as changing your mind," says Putnam. He reports that nearly everyone taking his free class is able to not only let go of the fear, but feel a deep and lasting sense of peace in its place.

"Fear of terror is really nothing more than pictures and a voice in your head," says Putnam. "I guess we're all a little schizophrenic sometimes. It's just that we are hearing our own voices in our heads telling us how to feel. Letting go of the fear doesn't have to be difficult."

According to Putnam, fear is a simple pattern of self communication that can be changed in a matter of minutes with the right technique. "The reason people find change to be so difficult is that they try to do it too slowly. Personal change can happen very rapidly. You just have to know how to communicate with yourself in a more effective way."

His free telephone seminars begin by getting participants fully relaxed by using their imaginations to experience a deep sense of peace and safety. "People really seem to like this part. It's a nice stress break from their day," he says.

The second part of the process involves teaching participants how to link their feeling of peace to the situations where they have been feeling afraid. The goal of the process is for participants to "automatically" feel at peace whenever they would have responded with fear before.

"Most people don't believe it can be automatic until they have experienced it for themselves. I usually ask them this question. How hard do you have to work to get yourself to feel the fear? When they realize their fear has been automatic, they begin to understand that peace can be just as automatic."

For more information about how to "Wipe Out Your Fear" of terror or anything else, visit: www.wipeoutyourfear.org or call 847-948-1050.

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About Freedom By Design, Inc.

Freedom By Design, Inc. provides personal and business success coaching services throughout the United States and Canada. We work one on one with individuals to overcome obstacles to success such as thought, belief and emotional patterns. We also provide coaching in leadership, sales, influence, relationship building and more.

Phone: 847-948-1050

Website: <http://www.wipeoutyourfear.org>