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Wrestling with Fear: A Former Pastor Conquers Fear, Not with Prayer, But with a Fight for His Life

By Paul T B Ma

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*****.Do you know the roots of your fear? Are you aware of

how fear dictates the way you relate to your significant other,

your work, your plan and yourself? In an unfortunate period of

his life, the author gradually unpeels the layers of his fear. With

the imminent threat to his life, he takes on fear for a fight. How

can one fight against fear, especially when it is living in you?

The fear in my head had turned me into a self-centred and

naive person. The fear of losing freedom had turned me into a

controlling mania. The fear of ultimate isolation with death

had turned me into an insecure and possessive person. The

fear of now or never had turned me into an instant gratifying

person. Fear was certainly very powerful. It had changed me

with little of my awareness. The author offers no methodology

or religion to tackle one's own fear. Instead, he shares his

journey of courage in releasing himself from fear.



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Reviews

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-- Dr. Kristin Dickens