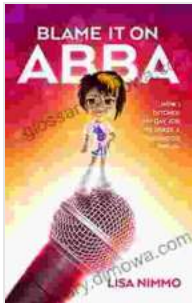


The True Story of Overcoming Fear and Resistance to Achieve Lifelong Dreams



Blame It On Abba: A true story of overcoming fear and resistance to achieve a lifelong dream by Lisa Nimmo

★★★★☆ 4.9 out of 5

Language : English
File size : 556 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 258 pages
Lending : Enabled



I have always wanted to be a writer. Ever since I was a little girl, I would spend hours lost in my own world, creating stories and characters in my head. But for years, I was too afraid to share my writing with anyone. I was afraid of being judged, of not being good enough. So I kept my writing a secret, and all those years of dreaming and creating remained locked away inside me.

But one day, I decided that I couldn't keep my dreams locked away any longer. I was tired of being afraid. I was tired of letting fear control my life. So I took a deep breath and I shared my writing with the world.

And guess what? The world didn't laugh at me. The world didn't reject me. In fact, the world embraced me and my writing. My stories began to touch

people's lives, and I started to receive emails and messages from people telling me how much my writing had helped them. It was an incredible feeling, and it made all those years of fear and doubt worth it.

I am sharing my story with you because I want you to know that you are not alone. If you have a dream, don't let fear stop you from pursuing it. Don't let resistance hold you back. You are capable of anything you set your mind to. So go out there and chase your dreams. You never know what you might achieve.

Here are some tips for overcoming fear and resistance:

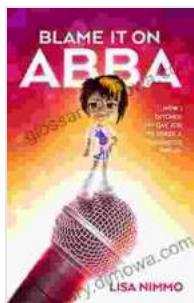
1. **Identify your fears.** What are you afraid of? Once you know what you're afraid of, you can start to develop strategies for overcoming those fears.
2. **Challenge your fears.** Ask yourself if your fears are really valid. Are you really going to be judged or rejected? Chances are, your fears are exaggerated and not based on reality.
3. **Take small steps.** Don't try to overcome all of your fears at once. Start by taking small steps and gradually work your way up to bigger challenges.
4. **Find a support system.** Surround yourself with people who believe in you and who will support you on your journey. A strong support system can make all the difference.
5. **Don't give up.** Overcoming fear and resistance takes time and effort. Don't give up if you don't see results immediately. Just keep at it and eventually you will achieve your goals.

I hope my story has inspired you to overcome your own fears and resistance and to pursue your lifelong dreams. Remember, you are capable of anything you set your mind to. So go out there and chase your dreams. You never know what you might achieve.

****Image Alt Attributes:****

* ****Fear holding back dreams:**** A person is standing in front of a door, but there is a large shadow of fear blocking the way. * ****Overcoming fear and resistance:**** A person is standing in front of a door, and the shadow of fear is gone. The door is open, and the person is stepping through. *

****Achieving lifelong dreams:**** A person is standing in front of a large goal, and they are smiling and holding a trophy.



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