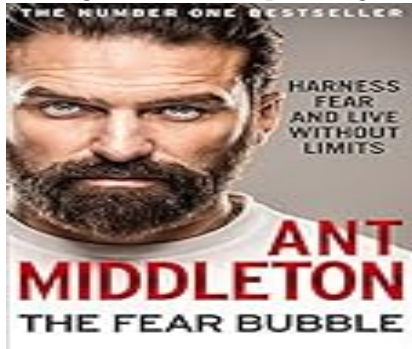


The Fear Bubble: Harness Fear and Live Without Limits (English Edition) eBook : Middleton, Ant By Ant Middleton I'm also going to have a winter binge on all the seasons of SAS along with Mutiny and Everest! The Fear Bubble: Harness Fear and Live Without Limits (English Edition) eBook : Middleton.

The Fear Bubble: Harness Fear and Live Without Limits (English Edition) eBook : Middleton Ant: : Kindle Store The Fear Bubble: Harness Fear and Live Without Limits (English Edition) eBook : Middleton Ant I really enjoyed reading this book. The Fear Bubble: Harness Fear and Live Without Limits (English Edition) eBook : Middleton Ant The fear bubble technique opens a door to escape from a life governed by fear and anxiety such as mine. The Fear Bubble: Harness Fear and Live Without Limits (English Edition) eBook : Middleton Ant Just what everyone needs to put their life into the right gear! If you're not in charge of your life then this is an eye opener but please read this with an open mind because you will reap the benefits. The Fear Bubble: Harness Fear and Live Without Limits (English Edition) eBook : Middleton Ant I've been interested in the life of Ant Middleton since I first saw him on SAS Who Dares Wins and this second book is even better than the first book both of which I really enjoyed. Being a big fan of Everest expedition books means I was looking forward to this book than ever! Ant begins this book trying to deal with his sudden popularity and feeling paranoid that everyone knows who he is and wants a piece of him. He talks frankly about starting to crave the fear that he has always been able to thrive on even playing a form of chicken with the city traffic just to give him a jolt of it. Knowing this is not healthy and fearing a return to drinking and fighting he looks for a better outlet for his desire for fear and comes up with the idea of climbing Everest an idea that doesn't exactly thrill his wife. Ant decides to go on a low key expedition with sherpa guides and no fanfares but as soon as the TV people hear of his plans they want to send a camera crew with him something that Ant isn't greatly keen on fearing he will loss control of the whole thing. He talks about when we dread a coming event we can be scared about it for days or weeks in advance when in reality we only need to be scared of the moments during the event. He talks about his fear during tours in war arenas and training himself not to fear it while he was preparing at home travelling to war settling at the base and heading out the mission. He tried to imagine a bubble around the place and event ie he needed to gain entry to a room where the bad guy was and to not be afraid until he stepped into the bubble. This was so interesting to read about and his talk of popping your personal fear bubbles allowing you to move forward in life instead of being stuck in a rut of fear of moving forward. It was easy to find examples of this in my own life like going through the door marked dentist after years of fear about it and finally realising that I could cope with it which was personally satisfying. It covers the whole of Ant's expedition to Everest his alpha male dominance games with his cameraman trying to learn about his new sherpa friends hating the tourist circus of the hike to Everest and the show off attitudes of some of the climbers whose mouths were a lot stronger than their climbing skills. He discusses his willingness to push his body to his limit and cut corners in order to get to the top ahead of other groups, The whole summit attempt is fascinating to read about and it is pretty gripping. I've already seen the TV show of the Everest trip so I knew in advance what happened but I still enjoyed reading detail about it. I certainly hope that Ant continues to write these books as I enjoy them a lot, To be able to turn around from the darkness left from high stress combat and offer help to others because of it is truly remarkable: This tool is capable to transform lives; as it is doing with mine. There are several values and behaviours in this book that are really useful for a good life, The Fear Bubble: Harness Fear and Live Without Limits (English Edition) eBook : Middleton Ant The book is old seems to be a used one, I like the way it mixes events from his life with lessons that these events taught him and shows how the reader can use this to make changes to their own life, Those who like self help books can get something out of these books and for those just interested in Ant's own experiences there is lots to enjoy in this book too. In the end he agrees to it as climbing Everest is expensive and having someone else foot the bill made a lot sense than paying for it himself. As he steps into it he is permitted to be afraid it the bubble pops and he is rewarded with the rush of adrenaline from

dealing with it. The talk of fear bubble goes along with the theory of entering a corridor with closed doors: If you open the door you could find something scary or difficult but if you push through you will grow from the new experience and improve. If you refuse to open the doors you may stay safe but can miss out on the other experience that life offers, I thought that was pretty interesting along with popping fear bubbles, He describes the headaches from being at altitude the fear of trekking through the Icefall pushing on through exhaustion and bad weather Ant



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And reaching each camp. Would highly recommend. Read it I highly recommend it. Ant introduces the fascinating idea of the fear bubble. The book is not all life lessons though