



The Monster is Real: How to Face Your Fears and Eliminate Them Forever

Yehuda Berg

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The fields of psychology and pharmacology have made considerable progress in addressing symptoms of fear and anxiety but little headway in finding a cure for these widespread maladies. In *Fear Less*, renowned Kabbalist Yehuda Berg draws on 5,000-year old wisdom to offer a simple spiritual technology to conquer fear, eradicate anxiety, and end stress-related illness — all without drugs or expensive therapy.

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