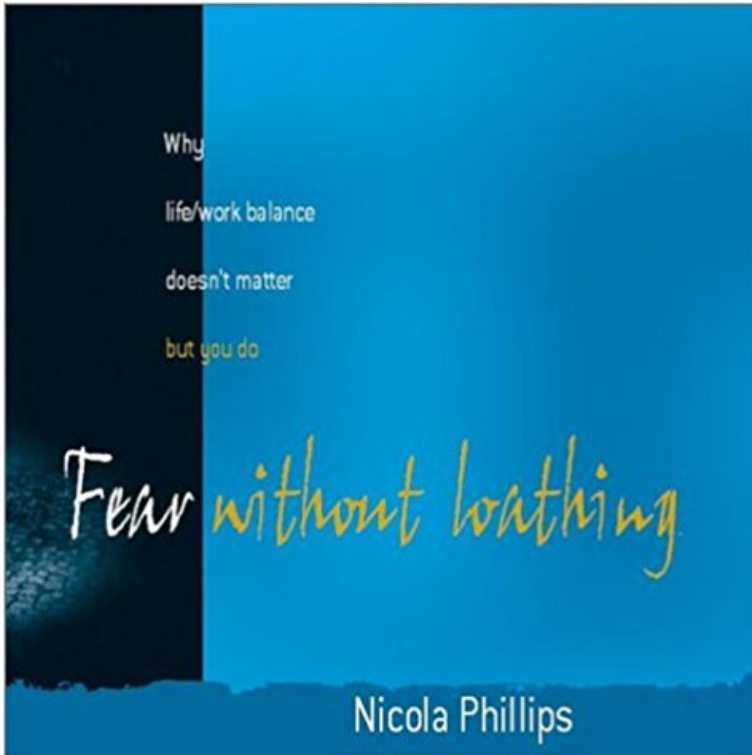


# Fear Without Loathing: Why Life/Work Balance Doesn't Matter, But You Do



Fear is the other four letter f word. People find it hard to say. Why? Why does it have a connotation of life and death when most of the things we fear are more everyday, happen to us everyday, and seem to be getting scarier? It is not about work life balance, or how many hours you spend at work or at home; it is about the way you think and feel in those places. FEAR WITHOUT LOATHING is about understanding what is behind the things you think and feel. It is about understanding and relating to the fears we have that keep us stuck in places we don't want to be and what needs to happen so we can go somewhere else.

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