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By Brian Johnson | May 2011
Pema Chödrön is an American
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That Scare You, offers a "guide to fearlessness in difficult times" – the kind that all of us must confront at intervals throughout our lives. Here's just a little of her essential wisdom.

The Places That Scare You - Experience Life

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Alice Walker: "Go to the Places That Scare You" - Yes

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2) Approach what you find repulsive 3) Help those you think you cannot help 4) Anything you are attached to, give that/let it go 5) Go to places that scare you.

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