



Natural Bravery: Fear and Fearlessness as a Direct Path of Awakening

Gaylon Ferguson

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How to find freedom from fear: Buddhist teachings that really work, from a respected contemporary teacher.

Fear is something that's such a part of our lives that it doesn't seem it would be possible to live without it. This book disputes that claim in a powerful way. Gaylon Ferguson presents traditional Buddhist teachings to show that the fear that so often wreaks havoc on us is in fact quite insubstantial—and it's mostly something we create ourselves. If we can learn to see that, it becomes pretty simple to un-create it, and we also discover that there's a natural fearlessness in us that goes far deeper than fear. With this natural bravery as our foundation, we can live our own lives more effectively and also be a better help and comfort to others.

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