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We must build dikes of courage to hold back the flood of fear. --Martin Luther King, Jr.

The Art & Science of Conquering Your Fears

Aristotle believed courage to be the most important quality in a man. "Courage is the first of human virtues because it makes all others possible," he wrote. Today, it's one of the more neglected areas of positive psychology, but recent research has begun to move toward an understanding of what courage is and how we might be able to cultivate the ability to face our fear and make decisions with greater fortitude. This article shares six ways to loosen the grip of fear on your life, and become more courageous than you ever imagined.

Be The Change:

Implement the tips shared in this article, and discover your wealth of untapped courage.