

Fear-Crushing Travel Guide

How To Overcome Your Doubts and Enable Your Travel Dreams



PROLIFIC
living

by Farnoosh Brock

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introduction

An Introduction: You, Your Travel Fears, and This Guide

*L*es Brown once said, “Too many of us are not living our dreams because we are living our fears.” It is not until you have overcome your fears that you can appreciate the depth of this quote.

Fear is not easy to detect. It has no name and no voice. It does not trigger any clear symptoms. It does not take up residence in the same manner in every person. But it is powerful beyond measure if you allow it to grow. It can cripple your very soul from dreaming and believing if you do not take care to restrain the hands of fear.

Fears and doubts can only serve you well in situations where your safety comes into question. You count on your instant reaction to life’s real danger with your natural response of fear. Your fight-or-flight response takes care of this for you. This is a good place for fear and here fear should stay.

Beware to not let fear taint your dreams without good reason. Instead, learn how to understand and eradicate fear from your life. Take the time to understand the roots of your fears long before they take hold of your soul. Take action to crush your fears so you can forge ahead with your dreams.

Fear of traveling used to be deep rooted even in my cosmopolitan and culture-and-language loving mind. I had every plan to visit a long list of countries and yet I was never quite ready to go for it. I always had excuses. Excuses covered my fear. Excuses made me feel safe and comfortable, even if a bit regretful. Excuses were an escape from taking my dreams seriously. Excuses were easy and convenient.

Imagine my shock when time did not wait until I was ready and the years kept rolling over without so much as a warning. My excuses felt lousier with each passing year and then one day, my sense of urgency for travel picked up speed and momentum.

It was time to stop the fear and to begin to live the dream of traveling.

It takes great effort and courage to face your fears, to acknowledge them, to understand them, and then to crush them. It takes sufficient preparation and the right information to close in on the space for anxiety and worry. It takes time and patience and sometimes, way too much time. After all, how long are you willing to wait out your fears before you realize your travel dreams?

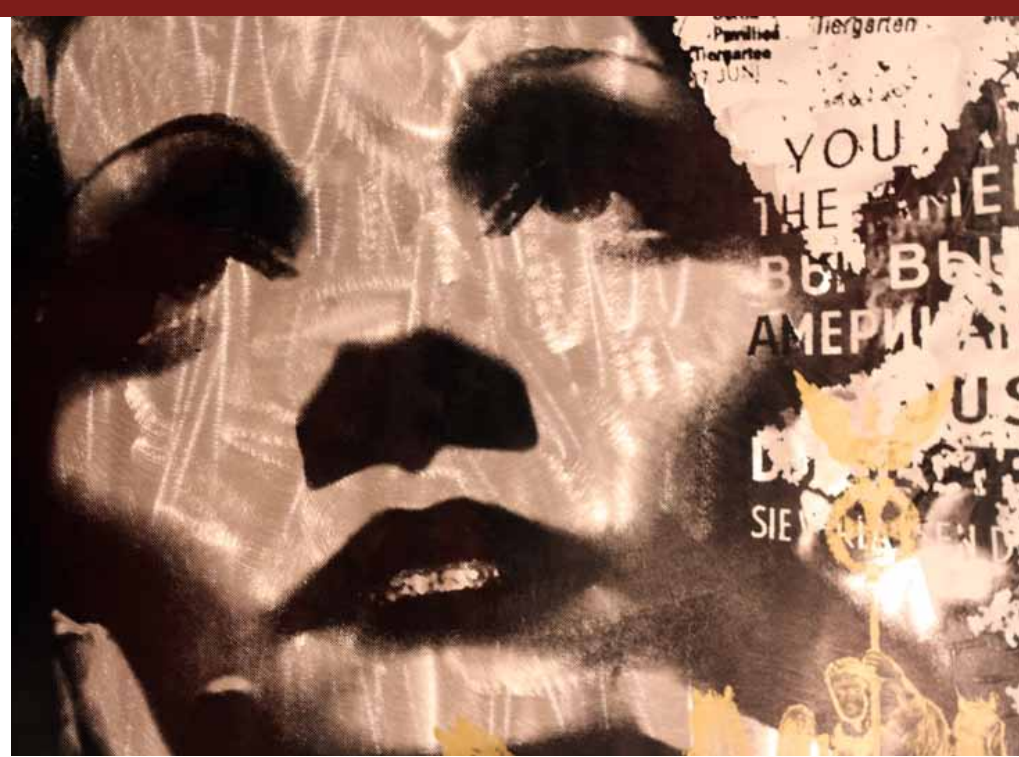
I wish I had understood the root cause of my fears and doubts about travel earlier in life. I wish someone had handed *me* a guide to crush my fears and to start my travels sooner than later.



Life shrinks or expands in proportion to one's courage.
~Anais Nin



The act of fulfilling your travel dreams is everything it is cracked up to be and more. The fears and doubts associated with traveling are not only common; they are natural. It is natural to fear the unknown. It is natural to have anxiety about leaving the comforts of your environment to explore new territory or face new challenges in the name of adventure and fun. It is one thing to talk and read about traveling the world and another to break down the entire process, understand and embrace it, plan and arrange for it and then put it all to action.



So take heart because it is natural to foster fears of traveling but worry not because in this guide, you crush those fears and empower yourself to pursue your dreams of traveling.

Who Would Benefit from This Guide?

This guide would benefit you if you love to travel or have been dreaming of traveling and yet you find yourself hesitating due to a number of fears and doubts. This guide is also for you if you have been traveling for sometime, generally enjoy travel but are looking for ways to refine and raise your overall travel experience to the next level. This guide is also for you if you wish to become the ambassador of crushing the travel fears of friends, families, and all whose paths you have yet to cross.

I created this guide so that I empower the travel-loving souls with tools, techniques, and rationale for crushing those fears. This guide addresses 7 categories of fears and doubts experienced most commonly. The reason for the 7 categories came from multiple sources: first, the blog travel survey information—what the readers told me—, second, my experience from traveling intensely for a few years—what I have learned and experienced first hand—and third, from speaking with hesitant travelers about their top fears and doubts—what others have shared.

How to Read and Use This Guide

I wrote this guide in such a way as to address each fear, or group of related fears, in stand-alone chapters. You can start with any chapter, depending on your interest and relation with the topic. I recommend that you read all chapters in the right order first, then listen to the interviews to learn from the savvy travelers, and lastly, go through all the worksheets.

As a bonus, I have created a Master Tip Sheet that includes this guide's most important highlights and actions for you to take in your preparation phase as well as during your travels. This tip sheet can be folded and carried along like a handy little mini-guide!

I am excited for you. You should find tremendous value in the complete consumption of this guide and



regardless of your level of travel experience; you will watch your travel doubts and anxieties disappear into the background and in their place, many possibilities and options will begin to thrive.

Here's to your new travel journey!

Farnoosh Brock

Guarantee: If by the end of this guide, after reading the chapters and listening to the interviews and going through the worksheets, you do not find any change in your level of fears and doubts for travel, please feel free to let me know. I will provide a 15-minute free consultation to learn why your particular situation may not have been addressed and how I can use it to improve the next version. If you wish, I will also refund you in full.

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