



# Angel of Fear: A Guide to End Stress & Anxiety

*Albert Buhr*

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## **Angel of Fear: A Guide to End Stress & Anxiety** Albert Buhr

Angel of Fear is a timely corrective to the shallow “cures” for stress and anxiety that permeate our culture. It is a challenge to a greater view, and a practical guide to calm the mind and heal the nervous system with methods that have proven effective for hundreds of workshop participants. With his unique integral approach, Albert Buhr presents insightful solutions to the crisis of fear that psychiatry has failed to quell with its quick-fix suppression of symptoms. He exhorts us not to become fearless, but to face and befriend fear, and in so doing, embrace life. Fear, as it turns out, is the fuel for transformation.

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