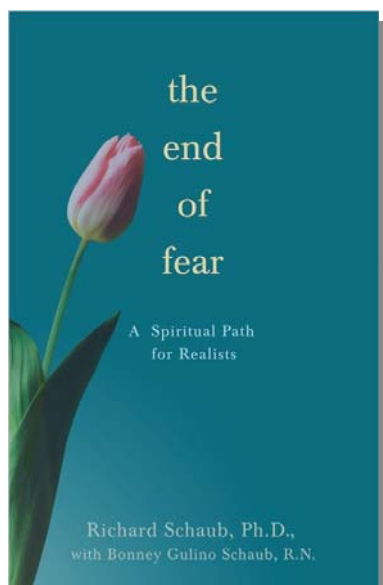


# The End of Fear

## A Spiritual Path for Realists

by Richard Schaub, Ph.D. and Bonney Gulino Schaub, R.N., M.S.



Why are we afraid? Why do we dwell on worst-case scenarios, lie awake in anxiety's grip, and react to minor mishaps as though they threaten our very survival? Chances are you don't envision the world's or your own catastrophic end on a daily basis; however, we are all routinely altered by fear—from simply feeling nervous about a new experience to repeatedly rethinking a critical comment.

In *The End of Fear*, Richard and Bonney Schaub explore the origin of fear down to its root and posit that it grows out of our innate love of life. They teach that fear is so influential because deep down we know that our life is unpredictable and that we are all vulnerable; we risk change and loss at every moment. No religion grants any exemption, and no amount of money or status can change this fact for us.

Using examples from their lives and those of their patients, the Schaub's draw upon their 30 years of experience as psychotherapists to explore the common methods people turn to in order to cope with their basic vulnerability. After this exploration, the Schaub's lead us on a spiritual journey that teaches us to skillfully turn toward fear and transform it. Once we stop fleeing from or fighting fear and instead face it with compassion, we'll be free to realize and achieve our full potential for peace, joy, and love.

### About the Authors

**Richard Schaub, Ph.D.,** and **Bonney Gulino Schaub, R.N., M.S.,** have been committed to the intelligent integration of spirituality into the solving of human problems for more than 30 years. Together they are co-founders and co-directors of the New York Psychosynthesis Institute and are on the faculty of the Italian Society for Psychosynthesis Therapy in Florence. They are also authors of *Dante's Path* (featured in *O, The Oprah Magazine* and in Oprah's book, *Live Your Best Life*) and *Healing Addictions: The Vulnerability Model of Recovery*. They have taught internationally to professional and self-development audiences in Canada, Germany, Holland, and Italy.

Richard's past work includes cardiac and cancer rehabilitation, counseling in an alcohol treatment center, directing a hospital-based program for adolescents, and teaching in graduate school at Hofstra University. He has been in full-time private practice since 1984. Prior to private practice, Bonney worked in medical-surgical, inpatient psychiatric, and substance-abuse treatment settings, and taught in the graduate holistic nursing program at the College of New Rochelle.

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