



Living life without fear

A new book series promises to equip individuals with the necessary skills to achieve success and life fulfilment.

When life doesn't turn out as planned, many become paralysed with fear, uncertainty, and doubt. Life crises of all kinds are fuelled by these emotions – only by uncovering the meaning of our own life can we find our way out.

While some manage to work through their feelings, others are consumed by their own darkness, frightened that any choice they make may be the wrong one.

Thankfully, a new resource promises to guide them toward the light. Next month, Canberra author Andrew Hackett is poised to release a series of books called 'Fearless'.

These guides will offer readers a series of processes and tools that can help snap them out their self-imposed inertia and move them towards their goals and dreams.

What is the Fearless Series about?

The Fearless series is a set of books built off the experience of personal development author Andrew Hackett. Each book leads into another, as they use the lessons learned in the previous volume to lead you toward your success, whatever that may be.

'Ending Your Unconsciousness' shines a light on unquestioned daily habits and how they have a negative impact on your life. 'Awakening to Your Truth' guides you through the process of finding your own life's meaning. 'Manifesting Your Journey' breaks down the steps towards creating anything you desire. 'Accepting Your Success' lays out the tools that successful people use to achieve their goals, while the final book, 'Creating Your Destiny', brings it all together and applies it to your personal situation.

Essentially, this series acts as a roadmap for anyone who currently feels lost. By following it, they can identify their passions, disarm their fears, and make rapid progress towards their goals.

The world is experiencing record levels of anxiety and depression

Life has become much more stressful in recent years. Employment is less secure, the climate is changing, and thanks to social media, we're constantly comparing our 'B roll' film to everyone else's, highly manufactured, and finished product. IT's no wonder success seems impossibly out of reach.

Without a way to cope with this often self imposed, yet relentless pressure, anxiety disorders and depression are the inevitable results. This fact motivated Andrew Hackett to create the Fearless series. Rather than watch his fellow Australians struggle, he created simple processes anyone can follow so they can use their own untapped potential to create the life of their dreams.

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