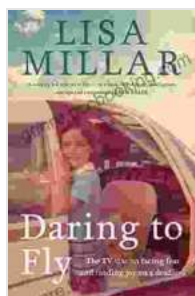


# The TV Star on Facing Fear and Finding Joy on Deadline

By [Author's Name]

As an award-winning TV star and author, I've had my fair share of experiences with fear and deadlines. I've learned that fear is a natural part of life, but it doesn't have to control us. We can choose to face our fears and find joy in the process.

One of the most important things I've learned is to focus on my breath. When I'm feeling anxious, I take a few deep breaths and focus on my body. This helps me to calm down and center myself.



## Daring to Fly: The TV star on facing fear and finding joy on a deadline by Lisa Millar

★★★★☆ 4.4 out of 5

Language : English  
File size : 7471 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 244 pages  
Screen Reader : Supported



Another thing that helps me to face my fears is to talk to someone I trust. I have a close group of friends and family who I can always count on for

support. Talking about my fears helps me to see them in a different light and to realize that I'm not alone.

Of course, there are times when I still feel afraid. But I've learned that it's okay to be afraid. The important thing is to not let fear stop me from doing what I want to do.

I've found that one of the best ways to find joy is to help others. When I'm feeling down, I volunteer my time at a local homeless shelter. Helping others always makes me feel better about myself and reminds me that there are people who are worse off than me.

I've also found that joy can be found in the simple things in life. I love spending time with my family and friends, going for walks in nature, and reading books. These things make me happy and help me to forget about my fears.

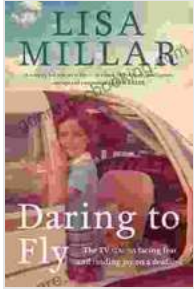
If you're struggling with fear, I encourage you to face your fears and find joy in the process. It's not always easy, but it's worth it.

Here are a few tips to help you face your fears and find joy:

- Focus on your breath.
- Talk to someone you trust.
- Help others.
- Find joy in the simple things in life.

Remember, you're not alone. We all experience fear at some point in our lives. But we don't have to let fear control us. We can choose to face our

fears and find joy in the process.



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