

This is a must-read book because...

- ✓ You want to know how to deal with anxiety
- ✓ You want to control your panic attacks
- ✓ You want to know how to deal with overwhelming thoughts and feelings
- ✓ You want to release your guilty feelings
- ✓ You want practical strategies to help with Stress, Overwhelm and Guilt (SOG)
- ✓ You want to make better choices
- ✓ You want to help yourself
- ✓ You want to take control of your life
- ✓ You want to be more confident
- ✓ You want to feel happy

Fear Less  
Live more

Sometimes happiness  
is being a fish  
out of water...



*Andrea A Smith*



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This book is not intended as a substitute for the medical advice of  
physicians. The reader should regularly consult a physician in matters  
relating to his/her health and particularly with respect to  
any symptoms that may require diagnosis or medical attention.

## Words of Love

I first met Andrea when we studied together for a Bachelor of Science degree in Clinical Hypnosis at St Mary's University in Twickenham, London.

Andrea's desire to help people overcome fear and anxiety to enable them to achieve their life goals, was apparent in her every action.

Andrea had conquered her own fears to enable her to give her own children the life that she wanted for them and was doing this as a single parent, studying and working full time as a nurse in a busy hospital.

In writing this book, Andrea's passion for helping people shows, as she continues on her quest to free people from fear, anxiety and panic. I wish her all the very best in all that she is doing. All power and love to you and all those whose lives you are helping, Andrea.

*Freddy Jacquin*

*Book Author, Trainer and Speaker*

*<https://freddyjacquin.com/>*



Andrea really does live more by fearing less and has certainly spurred me on when I might have allowed opportunities to pass me by. She successfully motivates and inspires her clients to persistently take the actions needed to enjoy personal, transformative life experiences. A warm, vibrant personality and a strong work ethic means

Andrea is a force for change. When I need a helping hand, I reach out to Andrea; she cares, offering safe passage through troubling parts of life. Andrea's book *Fear Less, Live More* can help you create your best life as easily as A, B, C, ... D and E!

*Caroline Anderson*  
*Author, Coach and Speaker*  
[withcaroline.com](http://withcaroline.com)



This superb little book is a mine of information and approaches to be adopted in considering the universal problem of stress and how to deal with it.

With a plethora of helpful quotes and individual case histories to consider, together with the author's own shattering life experiences, you will complete your read feeling lighter and more positive, even before starting to put into practice her own unique and original methods of dealing with the anxiety, panic attacks and doubts about self-esteem that afflict us all at some time or another in our lives.

Read it. And see for yourself.

Highly recommended.

*R. Andrew Segal*  
*Author of 'The Lyme Regis Murders' and Business Owner*  
[andrewsegalauthor.com/](http://andrewsegalauthor.com/)

Working with Andrea has been a joy. It is a dream to collaborate and co-create something deep and meaningful based on authenticity, passion and expertise. *Fear Less, Live More* provides the reader with stories and theory, backed up by lots of practical tips. Andrea demonstrated great courage by opening her heart and soul through her vulnerability and honesty to share her story. This is not a stuffy read but one that offers the reader practical solutions within each chapter. The generosity of Andrea is also illustrated in her accompanying workbook. Andrea's mission is to make a difference in people's lives and through her own challenges, she has learned there is a way to Fear Less and Live More.

*Brenda Dempsey*

*Publisher – Book Brilliance Publishing*



If anxiety, stress and overwhelm has taken hold in your life, this book is a must. You will feel understood, supported but most of all, you will leave with strategies and solutions that are effective and easy to put into place.

I love the stories, the simplicity of the layout and the relatability to the author. Reading this book will give you choices that maybe you didn't realise you had.

So pick up a handful of courage, follow the guidance and step into what is possible instead of what isn't... And breathe into the freedom of life.

*Fiona Clark*

*The Zenergizer*

*[www.fionaclark.co.uk](http://www.fionaclark.co.uk)*

How do we know what love is  
When we don't even understand ourselves?  
Have opinions about what is love and what love is not,  
When all our actions are absent of love?

Where do we go when we feel separated, fragmented and  
alone in this world,  
How do we find peace, comfort and love  
What is the truth that we need to know,  
So we can find our way back home to where we belong?  
So take a moment, stop and consider,  
The possibility that we are love and all that means  
That every action is a result of loving oneself  
Even if we don't understand the means

And trust that when we move in towards ourselves,  
And listen quietly to the gentle whisper of our soul  
We get to learn who we really are  
LOVE ITSELF

*Sherine Lovegrove*  
*Author, Transformational Coach and Psychotherapist*  
*[www.sherinelovegrove.com](http://www.sherinelovegrove.com)*



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## Foreword

**S**tress, overwhelm and guilt are emotions we, as human beings, find ourselves experiencing more and more. For some, this can be crippling and not enable them to get on with their lives. As a coach myself, I regularly see clients who experience these issues and work with them to find a new way forward.

Andrea A Smith is a stress resilience coach who has used her own adversity and dark days to support and help others manage stress and develop their resilience.

Her experience of relationship breakdown, being a single mother and having to rebuild her life, have been the catalyst to her work helping others who find themselves governed by fear, anxiety, stress, overwhelm and guilt.

Stress and anxiety are huge issues in our society causing problems ranging from time off work to ill health; being able to understand the causes and our behaviours enables us to move forward and lead rich lives.

Andrea has a wealth of experience which is channelled into *Fear Less, Live More*, enabling you to delve into your emotions and find a way out of darkness into light. Her own experience illuminates the text, along with case studies and tools showing how you too can make a change and fear less.

Fear Less, Live More

Each chapter covers an emotion in depth and shows ways to deepen your understanding of the issue and change your relationship with stress, anxiety and overwhelm. As you read each chapter, you can reflect and engage with the exercises to begin your personal journey of transformation.

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Sample

## Introduction

Choosing to write *Fear Less, Live More* was an easy decision. The challenge was how I was going to share everything with you that I had inside my mind, body and soul. I knew I had to reveal my blood, sweat and tears on this wonderful journey called life, as well as all the joy I have found along the way that has brought me to this point.

I was born and raised in India from a poor background. Despite this, I was determined from a young age that I was going to make something of myself and my life. In one defining moment, I decided to kick fear into touch. Sure, I was frightened, but my 'WHY' was bigger than me! I have learned that having a significant WHY is a vital element to achieving success, and living a free and happy life.

After many battles with my parents, I became a nurse. It felt good at first, but I soon lost my way. Part of that devastating journey was when I found myself on the other side of the world in New Zealand with two small children. Although there was trepidation, I felt excited until my husband abandoned us and then I felt lost.

The battle had begun. Somehow I found my way back to the UK to start all over again as a single mother of two children. There were tears, fear and exhaustion. Being human, I wanted to throw in the towel, yet something stopped me. Determined to understand the human mind, I decided to embark on a Masters in Psychology degree. It

seemed the more I was hurting and exhausted, the more determined I was to change my life for the better.

As a nurse, I cared for many women who were suffering and struggling like me, except they were on pills, drugs and all sorts of things that deadened them even more inside. They deserved better but they did not know what to do or how to do it. I was not content with completing my Masters in Psychology so I went on and learned more tools to help me work with women to change their lives for the better from the inside out.

I am the evidence of what is possible. I am proof of such transformation and that has driven me to write *Fear Less, Live More*. The biggest block to people moving forward is Fear. In my book, I discuss Stress, Overwhelm and Guilt (SOG) in detail, as well as the impact of anxiety and panic attacks. But that is not enough, so I have also made this book interactive by using the power of Narrative Questioning and provoking thoughts that will enable you to change.

You will find the book easy to read and follow due to its familiar structure, subheadings and its activities. I have chosen to weave challenging experiences from my life throughout the book, enhanced by the use of stories, metaphors and case studies to illustrate what is possible for you too.

As you read this book, I encourage you to grab a notebook, and if you have purchased this book from my website you will be fortunate enough to have received the free PDF download that accompanies it. You will discover

throughout the book that we use jotting down and journaling as a way to release negativity and create space for reframing your mindset and shifting perception. The results are significant and this practical strategy is a life-changer. I know it was, and still is, for me.

Are you ready for the journey? Let's begin...

*Andrea A Smith*

Sample