



# ONE CHOICE CAN CHANGE A LIFE™

## NEWSLETTER JUNE 2009



### AUTHORS' NOTE

As I continue to work through the process to let go of the unhealthy judgements I make (see the last 2 months' newsletters), I have found that many of my judgements were rooted in fears I have. So for the next few issues I offer you some perspectives on fear, their sources, their effects, and how to release them.

Until next month.....Lin

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Please take a moment and look at author R.S.Hunter's website, [www.richardstevenhunter.com](http://www.richardstevenhunter.com). Click on "Read4Free" to view his latest work, *The Story Teller*, along with his other projects. R.S. Hunter has 3 **book signings** in June for his first book, *Where Eagles Fly, Remember Me...*

**June 6, 2009** -- Book signing from 10:45 am to 1:30 pm at the Double Tree Hotel in Tucson, Arizona. It is the American Fighter Ace Reunion. Red Campbell (the subject of *Where Eagles Fly*) will be there also! **Note:** This event is NOT open to the public.

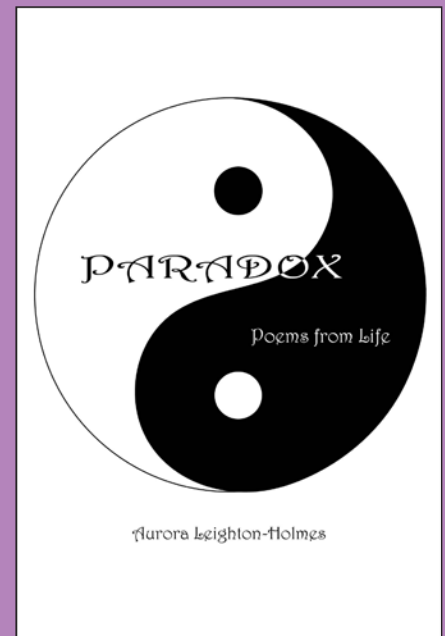
**June 19 & 20, 2009** -- Book signing Friday afternoon & all day Saturday at Mountain Home Air Force Base, Mountain Home, Idaho

For further information or if you live in Tucson and wish to make an appointment to have your book signed, please contact Richard through his website, [www.richardstevenhunter.com](http://www.richardstevenhunter.com)

### **New Release !!** PARADOX, Poems from Life by Aurora Leighton-Holmes

The powerful, moving, heart-felt poetry in PARADOX spans five decades and the life-changing experiences of author Aurora Leighton-Holmes. This collection of poems suggests the profound truth that emotions simply are what they are and, when allowed to be expressed, will have a profound effect on your life. Leighton-Holmes' poems explore the range and depth of human emotion, as well as imparting a sense of what it means to be human.

To order this hard cover book, visit [www.onechoicecanchangealife.com](http://www.onechoicecanchangealife.com) or send \$25.62 (this price **includes** shipping/handling -- Arizona residents please add \$1.16 tax) to Amethyst Moon Publishing, P.O. Box 87885, Tucson, AZ 85754. If you are local & would like to save the shipping/handling fee, please contact Lin at [amlifecoach@aol.com](mailto:amlifecoach@aol.com).





This is the first article on a series that will explore different types of fear, their formation, their affect in our lives, and how to diminish or eliminate their presence.

## **THE FEAR OF JUDGEMENT'S INFLUENCE ON OUR CHOICES**

The amount of importance we place on what others -- especially our family and friends -- think of us can be enormous. It seems that there are few people who are able to achieve a state where they do not concern themselves with how or what someone else will think of them. Even then, those that are able to escape the fear of judgement are often labeled as arrogant or eccentric. True, there is a fine line between being unconcerned about what someone thinks of you and being arrogant, but I suppose if you've reached a state where you are not concerned about how others' judge you, then it wouldn't matter, would it?

When we are learning about making healthy choices for ourselves, our fear of judgement can serve to keep us from making inappropriate choices. Young children use how they interpret others' reactions as a way to gauge the acceptability of their choices. Most people don't even realize that they evaluate how their actions will be received, decide if it is something they can bear and then make a choice to proceed or not.

How much our choices are influenced by others is directly proportional to the significance we place on the judgement of others. If you are only a little concerned about being judged by others, then the influence others' potential reaction and judgement will only have a slight effect your choices. If you place significant importance on the judgements of others, then you will tend to give priority to how you believe others will react and your choices will be much more heavily influenced by your fear of their judgement.

THE SIGNIFICANCE WE PLACE  
ON HOW OTHERS JUDGE US  
DETERMINES THE INFLUENCE THEY  
HAVE ON OUR CHOICES

When we can reach a state where we do not worry or concern ourselves with how others judge us, then we obtain a freedom that will show up in the choices we make. When we have not reached that state, then decisions about how we will act or what we will do are influenced by the consideration we give to how we will be judged. Becoming aware of how much we let our fear of being judged influence our choices is the first step to diminishing and eliminating their power over us.

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### **SAVE THE DATE !!! Author Rev. Amos L. Lewis Book Signing Events!!**

**May 30, 2009** -- Book signing 7 am to 3 pm at the Tanque Verde Swap Meet, 4100 S. Palo Verde Road

**June 13, 2009** -- 11 am to 2 pm, Author Rev. Amos L. Lewis will be signing his books at Gospel Supplies, 5611 E. Speedway.



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