



# ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER  
AUGUST 2009



## AUTHORS' NOTE

Belief in our goals and dreams has proven to be an effective and necessary way of manifesting them. In addition, the ability to overcome fear and determination to rise above judgement also play important roles when we are seeking to achieve our greatest potential. This month's newsletter continues the series on judgement and fear by addressing the issue of overcoming the fear of judgement.

Until next month.....Lin

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## NEW BOOK RELEASE !!

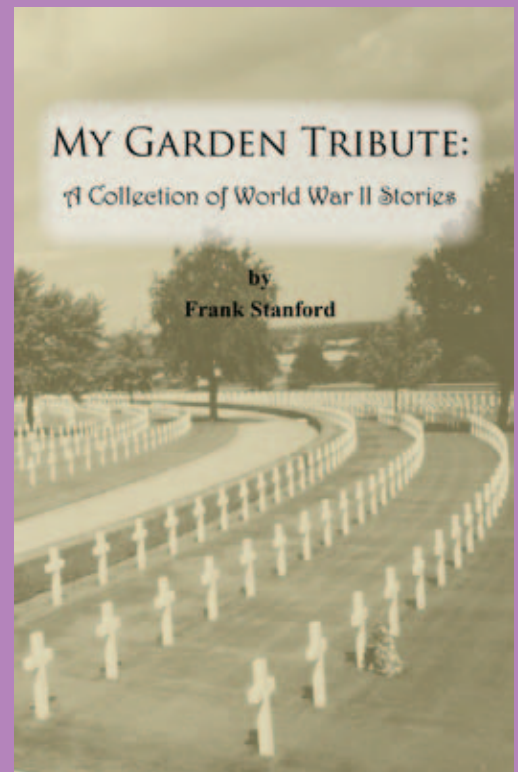
MY GARDEN TRIBUTE: A Collection of World War II Stories

by Frank Stanford

Author Frank Stanford seems to have been handed a mission from God to collect and preserve the unheard stories from the men and women who served in World War II. This book is Frank's collection of World War II stories as told to he and his wife, Dawn, by visitors to their Garden Tribute (located at their house in Kent, England), through acquaintances or by their many pen pals. Frank has saved and tended these stories so they could be available to the generations that follow to never forget those who participated in WWII.

The men and women veterans of WWII are dying at an alarming rate. MY GARDEN TRIBUTE: A Collection of World War II Stories offers us a small glimpse into the experiences of those who bravely participated in WWII.

To order, please go to [www.onechoicecanchangealife.com](http://www.onechoicecanchangealife.com). This book will be printed in both the United Kingdom and the United States.





This is the third 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.

### ***Overcoming the Fear of Judgement***

The fear of judgement, the fear of rejection and the fear of abandonment are tightly interwoven, since being judged negatively can easily lead to rejection or abandonment. Concern for how you will be judged is a hard thing to overcome. We grow up learning how to be accepted; most people fear rejection. It takes patience and work to learn to keep the judgements of others in proper perspective. Opinions will always be offered about what you are doing or intend to do, and as we all know, everyone has one. Most people mean well when they express their judgements to you, even if it does not sound that way. Parents have always struggled with giving their well-meant suggestions to their children because it can easily come across as a judgement or command. If your goals, passions and/or life path is in alignment with the beliefs of your family and friends, then their judgements of them will be positive. However, if your intentions are contrary to what they believe, then their judgements will be more harsh. If you know you are choosing what is best for you, then you are faced with the choice of whether or not you will allow their judgements to affect your actions and behavior. Good friends and supportive families can accept and support your goals, passions and destiny even if they do not agree with it.

To break this long-ingrained cycle of looking for positive judgement and/or acceptance from others takes effort. First you have to be conscious of the fact that it is happening and then you have to find the strength to not let it command too much, if any, influence over your choices. Obviously some of the boundaries that are set by the judgements placed on us are needed to maintain safety and uphold ethics and morals. If you are serious about breaking the cycle, then you will have to commit to the effort it takes to monitor your thoughts and feelings throughout the day. For me it meant reviewing my thought process in detail, including what was the judgement I was making, how did it then affect the choices I was considering, and what was the influence on the choice I ultimately made. A times this was a cumbersome process, requiring me to be brutally honest about my thoughts, even when they were not pleasant or may not even seem appropriate. However, through this honesty I could discover what my perception of how others judged me did to affect my choices.

When you find yourself in a situation where your friends or family continue to judge your choices to be wrong or bad and you have tried to communicate how important your choices are to you, then you must decide how to proceed. You can ask a trusted friend, family member or professional counselor to mediate, you can discontinue your relationship with those who cannot accept your choices, you can ignore the reaction of others, or you can choose to make a different choice. As much as I do not like to see friends or families torn apart by the choices we make, I realize that are cases where it is warranted. When we discover our passions, select our destinies or choose to alter our lives, we sometimes find that we have outgrown the boundaries and beliefs that our friends still need or we find that our belief system has changed enough that we no longer relate. We have evolved in a different direction that can require us to choose between our old relationships and building new ones.



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**R.S.Hunter, author of *Where Eagles Fly, Remember Me...* was featured at a recent book signing. Here a couple of pictures from the event!**



*Kerry Hunter with R.S.Hunter's book display*



*Author R.S. Hunter with a fan*



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