



Not Afraid: On Fear, Heartbreak, Raising a Baby Girl, and Cage Fighting

Daniele Bolelli

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This book is a meditation on facing fear, heartbreak, and mortality. In his own irreverent and inimitable style, Daniele Bolelli tells the story of his courtship and marriage, which would have been a sweet story had not all hell broken loose. Or as he puts it, "Hell was a ninja who entered my house without being seen. It all began in such an unremarkable way that it barely registered as anything meaningful. Little did I know that the experiences of the next five months would rip me apart and kill me. They would re-forge me into a different man. On that day, I became an unwilling traveler on a journey through the heart of fear. Every step along the way has forced me to face my fears time and time again."

It is the story of a man who in rapid succession has his wife die in his arms, loses his house and his job, and is left to care for his 19-month old daughter. Oddly enough, the best tools for coping with all of this were those he learned in more than two decades of martial arts practice. *Not Afraid* tackles this extremely heavy subject matter in a light-hearted style and with an attitude that acknowledges pain and suffering but denies them dominion over one's life.

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Not Afraid: On Fear, Heartbreak, Raising a Baby Girl, and Cage Fighting can be one of your beginner books that are good idea. All of us recommend that straight away because this publication has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to set every word into pleasure arrangement in writing Not Afraid: On Fear, Heartbreak, Raising a Baby Girl, and Cage Fighting however doesn't forget the main level, giving the reader the hottest as well as based confirm resource details that maybe you can be one among it. This great information may drawn you into brand new stage of crucial thinking.

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