



Intelligent Fear: How to Make Fear Work for You

Michael Clarkson

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From parents to executives to emergency-services personnel, fear is a part of our everyday lives. It can cause us to perform poorly in pressure situations or lead us to worry until we're immobilized, panic-stricken, or just plain helpless. In *Intelligent Fear*, author Michael Clarkson presents an in-depth look at this debilitating force—from its prehistoric origins to its numerous modern incarnations—and offers effective formulas that help change fear from a weakness into a strength. In clear, concise language, Clarkson teaches readers how to adapt the fear response to the twenty-first century, change the mind-body chemistry in order to focus on the task at hand, hone mental powers to help handle pressure situations, and much more. *Intelligent Fear* shows that if handled correctly, fear can actually work for us, giving us strength and courage when we need it the most. Based on thirteen years of research, Clarkson's own personal experiences, and interviews with more than 1,000 super-achievers, scientists, and crisis survivors, *Intelligent Fear* is a surefire formula for self-improvement.

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