

Life Unlocked: 7 Revolutionary Lessons to Overcome Fear

by

Srinivasan S. Pillay

Life Unlocked



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to Overcome Fear

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Synopsis

Winner of a Books for a Better Life Award Many people who find themselves "stuck" in life are vaguely aware that fear is responsible for holding them back. Whether it's a fear of intimacy, mortality, success, or failure, the majority of us experience an inhibiting fear at some point in our lives. Naming these fears and examining them is critical to becoming aware of and, eventually, overcoming them. Life Unlocked draws from cutting-edge research in human psychology and neuroscience to illuminate the ways in which fear applies a brake to our movement through life. Informed by the latest breakthroughs in brain imaging and psychiatry, Dr. Pillay offers readers an enlightening understanding of how our brains work and physically process feelings of fear and anxiety. Based on this research, and his extensive clinical experience with patients, Dr. Pillay has developed 7 essential lessons to help move people past their fears: 1. What you don't know can hurt you 2. Dread is not something you feel; it is something you attend to 3. If it's hard to change, it is not unchangeable 4. We all know that we fear failure, but fear of success is equally relevant 5. Attachments are not just crucial to survival; they affect your physiology 6. Fear-based prejudice may register entirely outside of awareness 7. Trauma can impact the developing brain In Life Unlocked, Dr. Pillay examines a wide breadth of issues and shares real examples from his practice to show readers that when they are able to move past the things that limit them, they can truly unlock their potential, and their lives.

Sort review

"In You Can Do All Things, Allan, creator of The Latest Kate, includes what has been helpful for her in dealing with her feelings of inadequacy, which might be helpful for you, too: "Choosing to be my authentic self; not reshaping myself to fit someone else's standard, whether that's my physical appearance or behavior. Only embracing relationships where I am respected and accepted for who I am. Being honest with myself and my loved ones about my insecurities and challenges; owning it. Showing the kindness and understanding to myself that I would show a friend. Reframing; looking at past events and choices with understanding and compassion and without judgement." You are worthy, and you deserve relationships that are built on respect and kindness, relationships that also nourish you and add to your life. But I know you might not see that or feel it right now. Know that this can and will change. The key is to consider and explore what can help you to get there, to see and feel your inherent worth. Working through Allan's wise suggestions is a great place to start." - PsychCentral --This text refers to the hardcover edition. Review "In You Can Do All Things, Allan, creator of The Latest Kate, includes what has been helpful for her in dealing with her feelings of inadequacy, which might be helpful for you, too: "Choosing to be my authentic self; not reshaping myself to fit someone else's standard, whether that's my physical appearance or behavior. Only embracing relationships where I am respected and accepted for who I am. Being honest with myself and my loved ones about my

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"Anxiety, stress, and depression can put a damper on anyone's day. This is why a daily mindfulness practice is a must in today's fast-paced stressful world. Kate Allan's *You Can Do All Things* combines wisdom, humor, and beautiful, whimsical artwork that can be your daily companion when you feel anxious, inadequate, and overwhelmed. Spending a few minutes every day meditating on *The Latest Kate's* illustrations and words of wisdom offer encouragement that you can face any challenge that crosses your path. This is a book to open and use over, and over, and over again—a true testament that you are not alone." —Susyn Reeve, Author of *Heart Healing: The Power of Forgiveness to Heal a Broken Heart*--This text refers to the hardcover edition.

About the Author Kate Allan is an author and illustrator from Washington State. She writes and draws about painful things but aims to make it okay with bright colors and sparkles. Under the handle *The Latest Kate*, she has a social media following of more than 400,000 people. Her work has been featured in *The Huffington Post*, *The Mighty*, *My Modern Met*, *Wear Your Voice Mag*, *The Patreon Blog*, *Sparklife*, and more.

Margarita Tartakovsky, MS, is a writer and associate editor at *PsychCentral.com*, the Internet's largest and oldest independent mental health online resource. There, she pens pieces about everything from anxiety and ADHD to creativity and couples to self-compassion and self-care. Her writing also has been featured on other websites, including *SpiritualityHealth.com*. She lives in Florida with her husband, Brian, and their daughter, Lily. --This text refers to the hardcover edition.

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What people say about this book

the way I see it, "A remarkable, practical, and helpful book! Brilliant!. Dr. Pillay's book is certainly among the two or three finest self-help books I have ever read, if not the very best. In fact, to label it a self-help book is somewhat inaccurate because it certainly transcends the genre and far exceeds run of the mill, substance-less (or even wacked-out) self-help publications. Yet at the same time, it can help you to help yourself, so in my estimation it is "self-help" at its very best. It is filled with insights about the brain, its unconscious tendencies toward fear, and how to overcome excessive fears and traumas that may unwittingly be sabotaging your best intentions and efforts to live a successful personal and professional life. LIFE UNLOCKED is extremely well written, and the author uses an abundance of wonderful metaphors to help those of us who don't know much or anything about the brain gain a better understanding of the cogent points he makes. The only suggestion I have for improvement, and I hope the publishers will give serious consideration to this, is to include a glossary for the paperback edition. Doing so would be especially helpful for readers who have not read any literature about the brain as well as for readers like myself who have had some exposure to brain terminology but not enough to readily recall that PFC refers to prefrontal cortex, ACC means anterior cingulate cortex, LTP stand for long-term potentiation, GAD refers to generalized anxiety disorder, and so on. It would be helpful to have other terms as well that Pillay uses included in the glossary for quick review or reference. But please know that this book is written very clearly with practical, doable applications, so don't let any of the terms mentioned above dissuade you from purchasing this book. I found the MAP suggestions at the end of each chapter to be most helpful and look forward to applying them. (MAP stand for Meditation, Attention, and Psychological tools.) One more comment before wrapping this up. Early on in the book I thought that the author was including too many examples of wealthy people in his anecdotes, but as I continued to read, he, thankfully, shared stories of people who seemed to be of more average means. Finally, I invite those who are considering the merits of this book to simply read Amazon's Look Inside. You will quickly gain a feel for the writer's easy reading writing style. The book is not a hard read, but because it contains so much information--and helpful information at that--it will likely warrant a second read, at least of the chapters that speak most pertinently to individual reader's needs and interests."

christina gratton, "Really helpful, but a bit boring.. This book is so very interesting, and a great read for someone who wants to know more about themselves and how their mind works. I bought this book in order to understand where some of my anxiety comes from and how to deal with it. This book does come with some strategies to help calm yourself down and deal with any problems you might have. Pros: Great information Helpful pictures Written by a doctor, so the information is backed by studies and evidence, so you know it is legitimate. Cons: The book can be a bit wordy and you may have to read some of the information over and over again. It is not the most exciting piece of literature; it is informative, not exciting stuff. (Read it at night if you want

to fall asleep.)Overall, I found this book to be helpful and interesting. I would recommend it to anyone who may need a bit of help dealing and coping with fear.”

S.M.K., “Helped me with my anxiety & fear!. I've listened to Srini Pillay on a few podcasts and I love how clearly and eloquently he speaks about hope and the ability to transform our lives, so when I heard about his book I immediately bought it. It really transformed my view of fear and helped me overcome many of my own fears and anxieties! Dr. Pillay truly gets down to the nitty-gritty science of fear and helps you understand what is going on in the human brain. He does include a lot of really excellent exercises to help you overcome your fears but I felt that there were so many and some were just too time consuming so I didn't have time to really do any of them, so if these exercises were more refined and straightforward I could give the book 5 stars. Also, I didn't give 5 stars because I really felt that sometimes the science of it got incredibly complex and made it hard to focus on the overall message Srini was trying to convey (for example, he often goes into great detail about the many different brain regions that interact and are affected by fear, thus I often got lost among the details instead of grasping the big picture). BUT just having read the book was powerful enough to really help me get a grip on my own fears....and start looking at the world through the lens of HOPE! =)Thank you Dr. Pillay! =)”

martha, “Five Stars. highly recommend this book, it really helped my clients to become even better and to deal with trauma”

Andrea Zaccardi, “it is easy to reread and it is easy to apply. it is easy to reread and it is easy to apply, read it you wont be disapointed but if you dont apply it you wont chane, easy.”

robert singer, “Five Stars. Very Pleased”

Itslawek, “Five Stars. Perfect A +++”

Helen Richardson, “Five Stars. Well worth the money.”

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