

TIM S. MARSHALL

EXCERPTS FROM THE POWER OF BREAKING FEAR

I Am Responsible For My Own Happiness. No One Else Is.

Life is made of billions of moments linked together. Each moment is important. Once a moment passes you can never recapture it. The moments of your life pile together to form your world, good or bad. What if you took each moment and wrung the beauty and potential from it? Imagine this life.

But how do you know what potential lies in the moment? Through fear and indecision, and perhaps laziness, we let these moments slip away. And soon these lost moments pile up to become your current situation. But worse, as the new current moments pile up, they become future moments. Now you are truly lost in potential.

Look at your life and surroundings as a beautiful miniature glass globe. Is it the globe that you dreamed of creating? If you shook it, would all of the figures stay upright or would everything fall over into a heap of disarray? You build this globe. No one else. And no matter what you think now, you have the ability to create the beautiful globe you desire. And I will help you get there.

What You Need

First, you will need an open mind. Otherwise, both you and I are wasting our time. If you aren't open to absorbing my philosophy of life success, what is the point of me presenting it to you? This will become just another pile of wasted moments.

Part of an open mind is awareness. In fact, it is not part, it is a huge critical piece. But most of us are so involved within ourselves that we are not aware of the true reality around us. We filter everything through our self-perception, looking outward, rather than stepping outside of ourselves and looking at the glass globe.

An open mind and awareness will unleash in you an entirely new vision of your world. It will reveal opportunities that you see, act upon, and finalize.

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Doing What You Fear

Fear is a horrible emotion in life. It keeps us chained to a limited existence. Think about this: Our fears, most self-created through incorrect self-analysis, start to rule our actions. What does this cause? It cripples our ability to move forward and to reach our potential. We become rooted in the fears created in our past moments. This creates paralysis. We literally cripple ourselves and our potential. If you lose a leg, you have a physical limitation that will prevent you from playing football. We all realize this. But if you hold a fear, you have the exact same emotional and mental result: you're stopped from doing what you want. But unlike the physical barrier, in this case you can learn to overcome it.

It takes an open mind and awareness. You first have to become aware of the fear, then you have to analyze the fear, then you have to determine the legitimacy of the fear. Often, it was one bad experience in life that created this fear. But we inflate this episode into a life-defining barrier, rather than chipping away at it.

By embracing the approach in this book, you will surge into optimism, confidence, accomplishment and most importantly, peace of mind. By breaking through your wall of closed-minded perceptions and fears, you will be able to peel back the thin or thick layer of protection (your safety zone) which is paralyzing you. This will free you to develop the uniqueness that is you, and to truly realize your potential in **all areas** of your life.

It Doesn't Matter Where You Are Now

It does not matter where you are currently in your life personally, professionally or financially. Once you realize the three pillars of an open mind, awareness, and fear, and act upon them, your life will change. And quite dramatically.

You will move outside of your comfort zone. You will become excited at small victories. You will realize the potential ahead. You will be living in the present moment as opposed to yesterday's stagnant comfort zone.

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Challenges

Challenges bring excitement and awareness to the moment. Once you identify an old restrictive perception, you have the ability to make a choice to open the door to a new thought, behavior, or experience. Your positive actions will energize your senses towards the creation and enthusiasm of exploring something new. Your old “They achieved success because they had the success gene or luck” becomes “I will achieve success. Why not me?”

Growing a Legacy

“As we look ahead into the next century, leaders will be those who empower others.”

- Bill Gates

One of the greatest contributions you can make is creating a legacy that helps others. Your own good actions and positive life will lead others to want to become better themselves. Small successes add up. And each time you will be adding a figure to your glass globe. These pieces will start to accumulate.

Many of us have left this world with our globes unfinished. But it doesn't have to be this way. Your life, and the creation of your globe, is in your hands. You have control over creating this legacy. Don't hesitate. The moments are streaking by.

Ask Yourself:

What is our desired image of yourself?

Do you see this image as something you can achieve?

Do you believe in yourself?

Do you fear the unknown?

Do you protect yourself with a closed mind?

Have you given yourself a permanent label?

What legacy do you want to create?

Limiting our behaviors sabotages our relationships, success, and life. Self-defeating behaviors do not exist randomly, and they are not permanent. You can change them. And we will in the pages of this book.

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Mental Lifestyle

Do you have an open mind? Test yourself: Do you wish people were more like you? Or do you wish you were more like other people? Do you judge who they are? Or do you think they judge you? Do you say to yourself, "If only they would do this?" Or, "If they only knew who I really am?" Does fear of change terrify you? Do you feel stuck in a job or relationship? Do you hide from the reality of your financial situation? Or if you have wealth, does your financial situation dictate a life that you don't particularly want to live? If you answered "yes" to any of these questions, we have work to do.

PRAISE FOR THE POWER OF BREAKING FEAR

"*The Power of Breaking Fear* is one of the most fascinating books I have seen. A fresh new look to end the fears that hold us back from true success."

- **Kenneth Blanchard**

#1 Best-Selling Author of The One Minute Manager, 13-million copies sold.

"Tim S. Marshall is that rare individual who can teach others not just how to set goals, but how to achieve them. *The Power of Breaking Fear* is a must-read for anyone who is frustrated in life, and wants to achieve true long-lasting success and happiness."

- **Paul Noble**

5-Time Emmy Award Winner

"Tim S. Marshall has gone out of his way to arm his readers with a seemingly endless number of vitality strategies that are easy to incorporate into one's daily life. The culmination of all of his advice can be encapsulated in one word: self-awareness. Easy and enjoyable to read, *The Power of Breaking Fear* belongs on every bookshelf."

- **U.S. Review**

**THE POWER OF BREAKING FEAR IS THE WINNER OF THE
2017 INDEPENDENT PRESS AWARD (IPA) FOR BEST
AUDIOBOOK & BOOK CONTENT.**

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