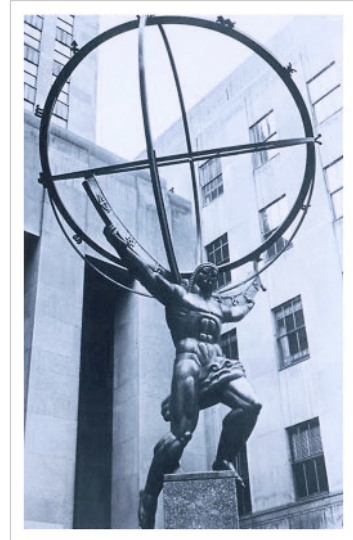


HOW TO FIND STRENGTH AND ELIMINATE FEAR

“Courage is not the absence of fear, it’s strength in the presence of it. It’s stepping into the fire and embracing all life has to offer. It’s in moments like these, when life kicks you square in the teeth and you bounce back, that you begin to suspect the depth of your true potential.”

This quote from Page 2 of *Strength for Life*, could not be a more fitting reminder for the entire country during this challenging time. Most certainly this is a time for *strength* and *courage*. The Strength of America—*your* strength—is being tested. How *we* respond will depend on how *you* and *each* one of us respond. Will you curl-up in a ball and wait for the storm to blow over or will you stand strong, face the fear and step forward with courage?



In the next paragraph of my book I wrote:

“The moments when life challenges you to step forward, to take control, can be turning points—as turning points are simply opportunity for change, accepted. Most people wait for change to be thrust upon them. Rather than choosing to take action, being resolute and resourceful, they live in reaction, waiting until it’s a matter of life or death.”

No doubt... We’re experiencing a turning point—one of the most significant of our lifetimes. It’s this sudden high-speed turn in our economy that’s produced the g-force which has us all feeling like we’re about to be sent flying out the window. And likewise, there’s no question we waited too long, ignoring all warnings and wisdom.

Yet, with every turning point—every challenge—comes opportunity. Where is *your* hidden opportunity in this crisis? Will you tap into your *full strength*, focus your impact and inspire others? Perhaps the presence of your Strength will calm those you come in contact with this week.

However you choose to react during this challenging time keep in mind that things are never as bad as they seem in the moment—except when they are. And even then—especially then—how you respond makes *all* the difference.

For a refresher on strength in times of crisis, I give you these inspiring words from our 35th president, John F. Kennedy, that have been echoing through my head all day long: “And so my fellow Americans, ask not what your country can do for you, ask what you can do for your country.”

Never have these words been more appropriate than in this moment.

Finally, should strength and courage fail you—which it may, if only for a moment—remember: This too shall pass.

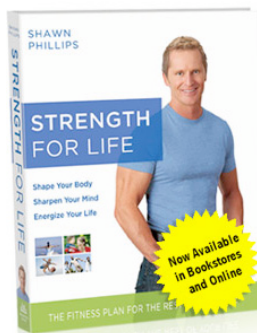
This is A Time for Strength.

A TIME FOR STRENGTH

While this is no time for an emotional booster-rally, I urge you to read the preface from *Strength-for-Life*. You’ll find the similarity to the life transforming experience I share to be strikingly familiar to this crisis. It’s a brief, vivid and uplifting story that may help you draw upon your reserve of inner strength.

[Click Here to download](#) two chapters of *Strength for Life*.

www.MvStrengthforLife.com



Shawn Phillips is a world renowned strength, fitness and nutrition expert with an emphasis on the integration of body and mind. Shawn has helped athletes, celebrities and even more interesting people all around the world to achieve this best body and life. Strength for Life is Shawn’s most recent work and his second book. He is also the founder of Phillips Nutrition and creator of *Full Strength*® the world’s finest total nutrition shake and performance fast food.