



My Friend Fear: Finding Magic in the Unknown

Meera Lee Patel

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From the bestselling author of *Start Where You Are* comes a vibrantly inspiring look at making peace with fear--to become our truest selves

On the heels of her bestselling journal *Start Where You Are*, author and illustrator Meera Lee Patel takes us deeper into her artistic vision and emotional journey in this stunning new four-color book. A mix of personal reflections, inspirational quotes, questions for reflection, and breathtaking watercolor visuals, *My Friend Fear* asserts that having big fear is an opportunity to make big changes, to discover the remarkable potential inside ourselves.

My Friend Fear: Finding Magic in the Unknown Details

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Author : Meera Lee Patel

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From Reader Review My Friend Fear: Finding Magic in the Unknown for online ebook

Angie Bauman says

I loved this book sooo much♥?, Beautiful words and beautiful artwork. Took multiple pictures of the art work. It was a wonderful exploration of fear and many emotions we all experience

Melanie Maloney says

Such a great way of looking at fear! It is now my friend! The art was beautiful!

Suzanne says

A beautiful book!!

Meera begins the book by acknowledging fear and how it is ingrained in our culture and ourselves. "I feel afraid fairly often, almost on a daily basis," she says. "I spent a lot of time fighting my fears, waiting for the day that they'd disappear completely. I thought I was weak because there were so many things I was afraid of. It wasn't until very recently that I began realizing that feeling afraid is inevitable—but whether I let that fear help or harm me, is up to me." My Friend Fear is a reflection of this. Throughout the book, we get a glimpse into Meera's head as she recognizes, confronts, and gives herself (and us) a different perspective on fear—that we should learn to embrace the unknown and find peace in their own anxieties.

This book affirms that fear it okay. Instead of using it as an excuse use it to become better. See it as a friend guiding you, helping you face reality and take it head on.

stefiereads says

I just want to hug this book tightly and never let go. AAAAAA... LOVED IT!!!!

This book make me think and reflect to myself so much.

Growing up in a family where they will tell you "Don't do this" "Don't do that" or you will get hurt, or you will fall, is really making me a person who literally afraid about a lot of things. So this book is really for me. Did Meera just wrote this book specially for me? Perhaps? :D

But seriously this book is like a blanket on the colder days. I love it so much! AND please.... the art inside is so so sooooo beautiful!

This book is a must read!

Thank you the publisher for sending me a copy of this book. All thoughts and opinions are my own. :)

Renee (itsbooktalk.com) says

I loved this little gem of a book and the artwork was gorgeous! I thought the author expressed her feelings and journey with fear in a way that we can all relate to. Her writing was concise, yet emotion filled. I think everyone can connect with some aspect of her story as we all have felt fear and probably will again in the future. I appreciate her honesty and vulnerability in sharing her story and her paintings.

Kate Alleman says

This year in particular, I've been struggling with anxiety/fear - I usually anticipate failure and convince myself this failure is actually going to happen. I've done anxiety workbooks in the past and I think this book has similar information, but is presented in a way that I connect with more - less clinical, more aesthetic.

sara says

This book was really close to 5 stars for me. Gorgeous in every single way. Meera Lee Patel is a talented artist, poet, and author. I do realize from having an anxiety disorder that I have a lot of fear in my life, especially with what might happen in the future, the "what ifs". My Friend Fear made me realize things about myself and how I think. Lots of things were put into perspective for me and that might help how I deal with the world. I felt less alone that someone in the world has been through and felt the way I felt. It was humbling. Poetic writing with feeling that touched me. I really wish I could do this book justice with a review as well-written and beautiful as it, but I do recommend this book to people who have fear. Fear is not something to be afraid of, for it is our greatest friend and makes us realize what's holding us back in life.

Biljana says

Kako da strah umjesto tereta bude saputnik?
Kako prepoznati strah i razloge zbog kojih se javlja?
Kako razlikovati pojavne oblike straha?
Kako pobijediti strah i uputiti se u Nepoznato?
Zašto sebi (i drugima) trebamo priznati da se plašimo?

Na ova, ali i brojna druga pitanja odgovora autorka kroz lična iskustva, istraživanja, a sve to propraćeno predivnim akvarel ilustracijama i citatima.

Zamjerka je što je strah u ovoj knjizi možda u suvišnoj mjeri romantizovan, zbog čega rečenice nerijetko zapadaju u kliše i sladunjavost.

Ipak, imajući u vidu da je to autorkino iskustvo i način na koji se ona uhvatila u koštac sa svojim strahovima, "My Friend fear" je knjiga čije redove s vremena na vrijeme treba pročitati i podsjetiti se da postoje svjetovi izvan naše zone komfora.

Luca says

My Friend Fear is a visual self-help book. Now, it is very unlike other 'traditional' self-help books. It does not offer a miracle solution to your anxiety. Rather, it learns you to be a little bit more okay with yourself. It gives you a new perspective on how to perceive your emotions. I think that this setting makes it so much less clinical than other self-help books, and perhaps more approachable?

As a bookworm, I can vouch for the saying that books can change your life. As an art lover I can say that sometimes, pictures speak a thousand words. In My Friend Fear Meera Lee Patel combines powerful words with breathtaking illustrations in a way that reading this book becomes a healing process in itself.

From the very first to the very last page this book is beautiful. Not a single space is left blank. Moreover, every page is a unique piece of art. Throughout the book, there are multiple pages with inspirational quotes. Often this is a bit tricky, as quotes can become a cliché quite easily. But like everything else in this book, the quotes feel very genuine and true. Also, bonus points for the quote by Eleanor Roosevelt, because that is just one of my favorite quotes ever.

That being said, My Friend Fear was a very short book if you look at how much text it actually has. Yet, its weight and impact will vary greatly depending on its reader. It becomes sort of a window into your soul. Personally, I would have liked to see a bit more text, where things were explained with a bit more research background. Don't get me wrong, because this book even has a bibliography, albeit one that is not too long, but that is just what I would find interesting. But perhaps that people will not get the right impression of this book if we would simply label it under 'self-help book' because for me self-help books always come with expectations. My Friend Fear does not, it simply encourages you to engage inner dialogue because it recognizes that fear is different for every individual. It brought some thought-provoking questions for reflection, which I loved. I would love to see more of them (or perhaps related to a different subject in another book?).

Before I finish off my review, I would like to state that I was a tiny bit disappointed towards the end of the book. To me, it felt as if the connection between the illustrations (and the illustrated text) and the actual text was lost. It felt like the illustrated text focused mainly on the reader when the text had Meera Lee's own story as an essential red thread running through it. This became a bit confusing. Would this have been different, I think that the book would have been even more impressive.

If you would ask me to whom I would recommend this book, my answer would simply be to everyone. But that's because I cannot understand that there would be people who do not find this book the most gorgeous thing they have ever seen??? No serious, if you are up to some self-reflection, and you believe in art as a therapy, give this little gem a chance. It is very unlikely it will disappoint you.

Five out of five stars for me, because I cannot stress enough how BEAUTIFUL this book is.

rebeccas.world.of.books says

such an incredibly book! If you live with fears it's really helpful to read this and to become friend with fear! I love this book it can be a live saver.

Etienne says

Un livre de psycho-pop à propos des peurs. Remplis de citations et de réflexions simplistes. Un style enfantin même par moment surtout dans la partie artistique du livre, mais aussi dans son contenu. Vraiment pas pour moi. Si certaines personnes y trouvent quelques choses et que cela leur fait du bien c'est tant mieux, mais pour moi ce livre n'apporte pas grand chose.

Sassafras Lowrey says

One extra star because the art was pretty

One star overall because.....i tried to be into this book, and some of it was good re: the ways we can think about fear - interegating when it's real, what we can learn from it, what is rational and what is irrational.

BUT the challenge for me was this author referenced that her biggest fear had been around wearing a swimsuit at the beach because of a scar on her leg.....

ok. not judging anyone's fear. but it would have been helpful to include some other people's voices because as someone with PTSD it was hard to relate in terms of scope and magnitude

Juli says

This book hits hard. It speaks the kind of truth that is difficult to hear but will carry you forward. Meera Lee Patel created a feast for the eyes with her beautiful illustrations but more importantly, she created a feast for your heart with her beautiful words.

See my blog (spoilers possible!) here: <https://ichleseblog.wordpress.com/201....>

Atiqah Ghazali says

I NEED TO BUY THIS BOOK!!!

Cheryl says

I liked this book. The beautiful painting like illustrations were beautiful. While, I liked this book, I was not in love with it. I only agreed with about half of what was written in this book about fear. Maybe this is because I am not as fearful as I thought I was. As I was reading this book, I realized that I have grown throughout the years and not let my "fear" hold me back as much. However, this is not just a book. It is kind of like a self help book. It should kind of be read a little by little as it will make you think and act. This book would make a nice gift for someone. Overall, this book had a good message.

