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### The Self Improvement Show Archives Available February 28th 2013: The Fear Project

We have all experienced fear. We know the smell of it and the taste of it. We have felt it as a twinge in the pit of our stomach and as terror that paralyzes. We have ignored it, run from it, grappled with it, and jumped in feet first to deal with it. Some people seem to thrive on it for the thrill of accomplishment. Why? It's in the answer to the question? "Why did you have to climb Mt. Everest?" and the answer "Because it was there." Jamail Yogis studied fear —particularly his own fear—and wrote a book about it. It is a book everyone who is held back by fear should read and one we will tal

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### Featured Guest



#### Jaimal Yogis

Jaimal Yogis is an American author. His first book, a coming-of-age memoir called Saltwater Buddha, was internationally-praised and is currently being made into a film. Jaimal's second book, The Fear Project, is a personal and journalistic investigation into our most primal emotion. Jaimal's writing has also appeared in The Washington Post, ESPN Magazine, The Chicago Tribune, and many others. He is the recipient of the 2005 Leslie Rachel Sanders Award for Social Justice Reporting, a 2007 Maggie Award for "Best Magazine Feature," and two Scripps Howard reporting scholarships. In 2010, The Common Wealth Club voted him "The New Face of San Francisco Media" for his popular writing in San Franci

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