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**The Healing Whisper: A Return to Peace**  
with host **Dr. Mary Anne Chase**  
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**January 08th 2016:No Fear**

What is Fear? Why are we so afraid? There are many negative beliefs that can keep a person in a state of fear, which can lead to many different illnesses. Join me as I discuss the many unhealthy beliefs that might be dominating your self talk and keeping you in fear and stress.

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