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**AS GLOBAL ECONOMIES TREMBLE,  
 WHO'S AFRAID OF WHAT COMES NEXT?  
 Author Max Lucado Reveals How to Fear Less**

(Nashville, Tenn.) Fear is growing in Gaza, in the Congo, in Detroit, in Washington, D.C. At the same time and at often at an even faster rate, fear is growing in the hearts of Americans: fear of layoffs, foreclosure, and financial disaster. Yet *New York Times* best-selling author Max Lucado believes every person has the power to overcome the paralysis of fear, that it is possible to “fear less” every day. In his new book, *Fearless: Imagine Your Life Without Fear* (Thomas Nelson, September 2009), Lucado opens up an almost unimaginable world where fear loosens its stranglehold on life.

“There’s a stampede of fear out there,” write Lucado in *Fearless*. “Let’s not get caught in it. Let’s be among those who stay calm. Let’s recognize danger, but not be overwhelmed. Acknowledge threats, but refuse to be defined by them.”

How to accomplish this? Lucado tackles specific fears head on. In each chapter of his book, he takes a hard look at what we fear most: the fear of not mattering, the fear of worst-case scenarios, fear of what’s next, and the fear of global calamity. Then he shines the light of truth on each dark fear. He shares powerfully inspiring stories of heroes and commoners who have overcome fear—including their recipes for fearless living. Then Lucado shares the secret of “fearing less” every single day of life, including:

- Stay calm: acknowledge threats but don’t let them define you
- Talk about it: name your fears aloud to sap their power
- Focus on today: tomorrow’s imagined troubles drain today of joy
- Expect change: life is made of many seasons, and they all pass
- Live courageously: courage is fear that has said its prayers
- Learn from others: you’re not the first to fear

“Don’t attempt to control the uncontrollable,” he sagely writes. “Instead, focus on what you can control: your thoughts, your values, your words, your choices.”

Max Lucado has more than 65 million books in print and a publishing career that has spanned nearly 25 years. Millions of readers have turned to him for inspiration and comfort. His books have been on many national bestseller lists including *The New York Times*, *Publishers Weekly* and *USA Today*. He has appeared many national media outlets including “Larry King Live” and NBC Nightly News. He has his own branded line of greeting cards from Hallmark that has sold millions of units. Max and his wife Denalyn live in San Antonio, Texas, where he is Minister of Writing and Preaching at Oak Hills Church.

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