Winning against Fear, Stress, and Potential Failure by Grace Conyers, Insanitek Research & Development

Stress and fear can shake you to your roots. This is a good thing. We only feel this way when the outcome really means something to us. That means you need a way around this rather than letting it cripple you when the stakes are high.

1

Warning signs

2

Relax yourself

3

Aim carefully

Don't be selfish with knowledge; share this technique. A digital copy can be found at: http://insanitek.net/stop-failure/