

Don't Be Afraid!

Yinachi

Jakub Kaše

Lukáš Urbánek

Milada Rezková

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Lukáš Urbánek
Jakub Kaše

Don't Be Afraid!

The big
book on fear
(not only) for
little scaredy
pants



How I
became
brave



The
fearless



**Are there people
who are never afraid
of anything?**

**If someone performs acts of courage it doesn't
mean they are not familiar with me. Like Robin Hood.
He fought masses of villains in his battle for justice!
And yet there was a time when his knees buckled
with fear when he saw a mere bat.**



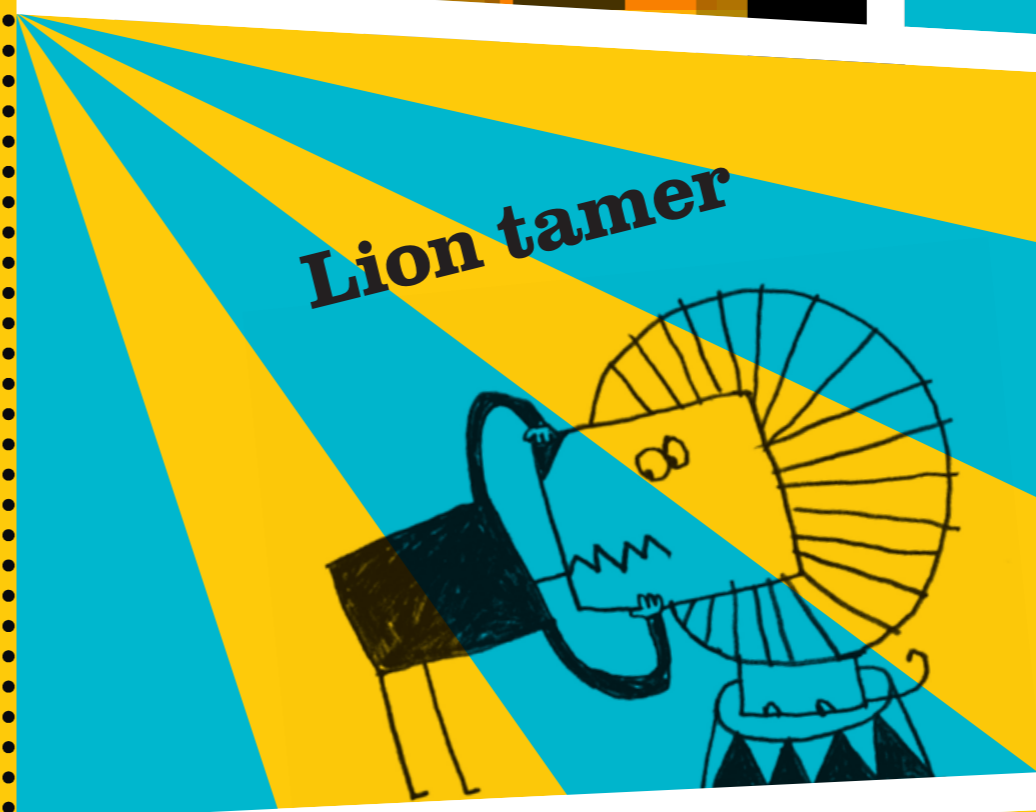
**Robin
Hood**



Dad



Lion tamer

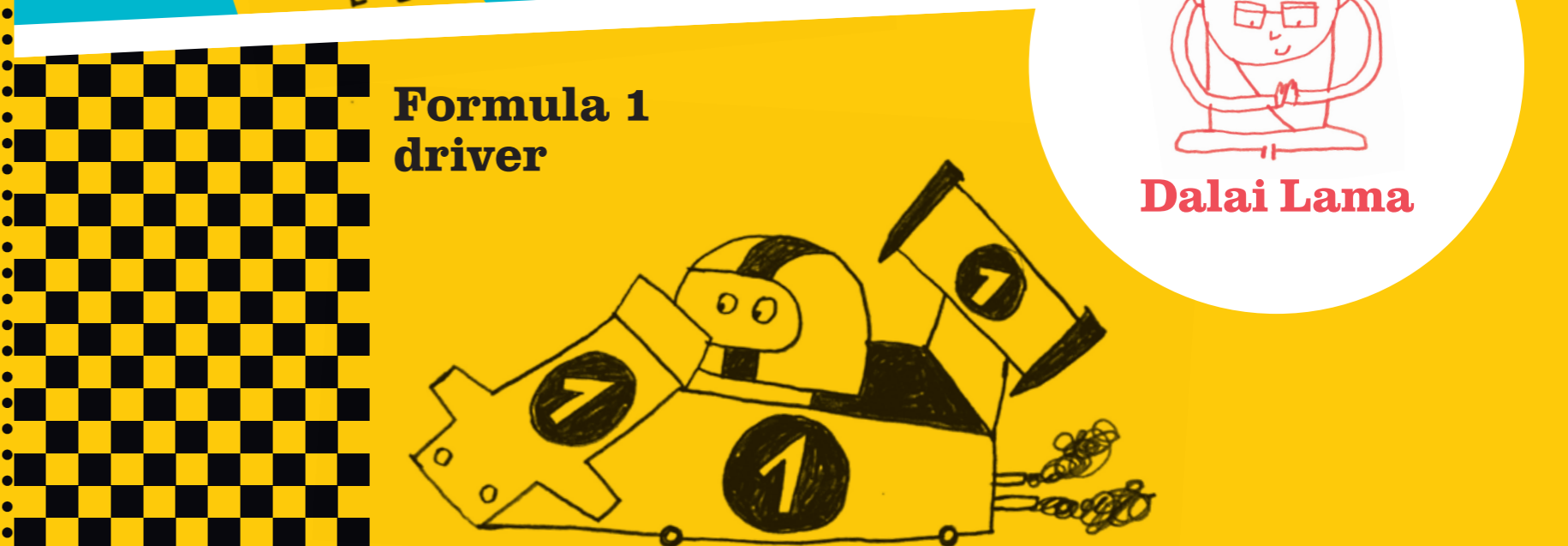


**There are so many
brave people in
the world! I can
think of at least five.**



Dalai Lama

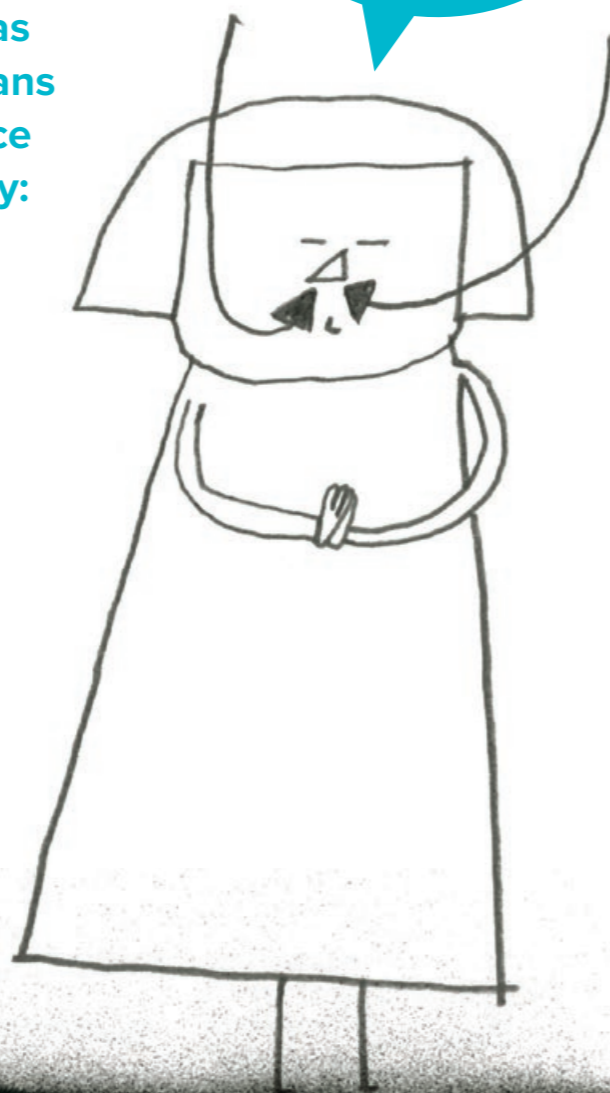
**Formula 1
driver**



Is **courage** the opposite of fear? What do you think?

I don't think courage means not being afraid. But a brave person decides to do something despite being afraid. Brave people know me as well, they just know how to get over me. Ouch! Not for real, as in climb over me! Being courageous means being able to stand up to yourself. To face your fears. Take a deep breath in and say: "I can do it."

I can do it.



Help!

Heeelp!

Help!

George can hear somebody calling out.

Up hill and down dale he runs.

He reaches a ravine. Robin Hood lies wounded at the bottom. But there are lots of snakes crawling around him.

Now what?

Darn, I'm so scared of snakes!

There's nothing for it. I have to deal with it.

Help!

He takes a deep breath, pulls out a whip, twirls it over his head, hooks its end over a branch on the opposite side of the ravine and swoops down as if swinging on a liana. He only misses the snakes by a few inches. He reaches out his hand to Robin Hood and they land safe and sound on the opposite side of the ravine.

Thank you, my brave savior.

Hey, ho, fearless we go!

People without fear really exist! There are about four hundred of them on the planet. Those people never, ever experience fear. Unfortunately, this is nothing to do with heroism. They suffer from an unusual illness called Urbach-Wiethe syndrome. Their body fails to activate the nerves responsible for feelings of fear. It might sound like a great superhero asset – except it's not. It's quite a drag, to be honest. Fearless people can understand that their life is in danger but lack the subconscious, rapid response to danger the rest of us have. They can get in trouble very easily because their brains have to work harder to recognize a threat.

GATHERING OF EVERYONE
WITH URBACH-WIETHE
SYNDROME IN A MEDIEVAL
CASTLE



Fearless person with Urbach-Wiethe syndrome



How do you recognize them?

They have:

- fragile skin, prone to injuries
- blisters and scars from small wounds
- dry, wrinkly skin
- hoarse voice
- rapid mood changes

George and his friend Fearless, who has Urbach-Wiethe syndrome, are walking through the jungle. They are both carrying machetes and are probably hunting wild animals.

An ominous growl comes from behind some dense bushes. George immediately realizes it's probably a lion.

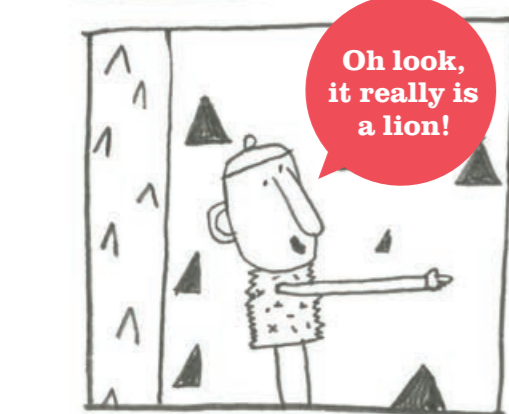


He screams, jumps and in an instant he's in the crown of a tree.

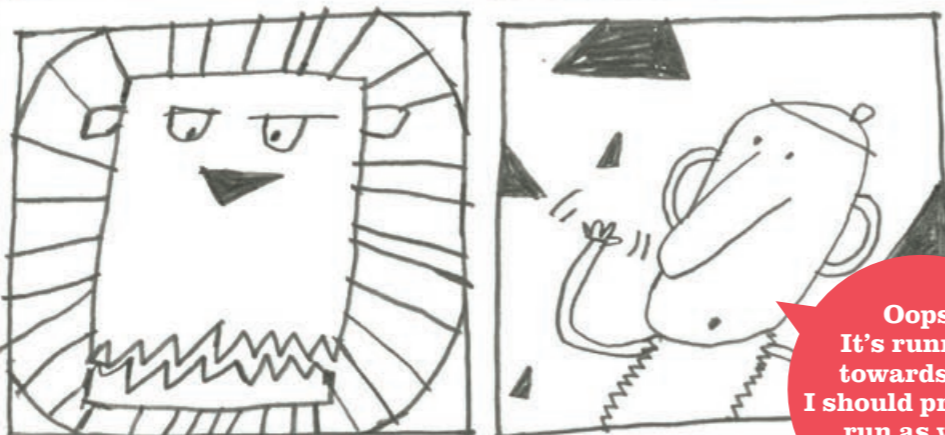
Fearless can hear the growl as well, but he doesn't react spontaneously.



Oh boy, that sounded like a lion.



Oh look, it really is a lion!



Oops! It's running towards me. I should probably run as well, right?

Only when the lion goes for him with its sharp fangs does Fearless start to run. He barely makes it to safety.



So, what do you think? Would you like to be fearless? Or can I be in your gang?

Keep me around, old friend! I make the world a better place!



Even
Mum and Dad
are afraid
sometimes!

Why do
we say,
"He pooped
his pants
with fear"?

Don't Be Afraid! is a book about fear for both little scaredy-cats and big tough guys. Read it from the beginning, from the end or from the middle. It doesn't really matter; fear is a part of life! Has it ever occurred to you that you don't have to worry about fear? Do you know what goes on in your brain when you get scared? Are there any people who are never afraid? Is it possible to abuse fear? Did you know that elephants are afraid of mice and sharks are scared of dolphins? Look at fear from different angles. Imagine it as anxiety, panic, phobia – but also courage. You will be accompanied by a boy called George who has lots of adventures with fear. And he will make you laugh out loud! He who fears every bush can go a-birding anytime. And those who can admit to, name and understand their fears will do better.

You will learn all about this and tons of other stuff inside the book!