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**«Nothing in life is to be feared, it is only to be understood.
Now is the time to understand more, so that we may fear less»**

Fear is an integral part of a person, which is laid on us at the genetic level. It helps us in emergency situations, using all the reserves of the body to avoid danger. But at times it affects us negatively, stopping us from achieving desires or dreams. What is it?

The fear of change, the fear of darkness, hunger, fire or thunder, the fear of those things or phenomena that a person cannot understand and realize, the fear of something new that a person has not encountered. It is possible to keep on this list for a very long time, as today there are many types of fears. But most of them can be combined into one concept - the fear of the unknown. How long has it come about?

It seems that fear appeared with humanity and never left it. In primitive people, it performed the most important function of self-preservation. Fear of hunger drove a man to hunt, fear of death gave strength to survive, fear of natural phenomena (thunderstorm, strong wind, volcanic eruption) developed intellectual abilities.

It was fear that helped primitive people to survive. It helped to act, to carry huge physical exertion. Therefore, in primitive people and in modern people, the feeling of fear is closely related to physiology. The release of adrenaline and other hormones in the blood quickly activates the activity, for example, an unexpected attack on the enemy or protection from him. Frightened, the primitive man could quickly run away from a wild animal, or attack him, to join the fight. Fear, manifesting itself in the body, helped to think less and act more. When the wild beast attacked, there was no time to meditate. Only lightning-fast decision making saved from death.

The fear of primitive people before the terrible and inexplicable phenomena of nature led to the creation of the first religion. The oldest representatives of the human race began to believe in the gods, who in their opinion exercise power over all life processes and phenomena. According to primitive people, the gods are seated in various localities and are engaged in the creation of wind, sun, rain. People respected the gods because they were afraid of them and tried to appease the rulers of the world with gifts and sacrifices.

This went on for quite a long time, but all this time more and more there were people who, despite the fear of the unknown, studied the environment. They tried to explain everything that is unknown and terrible, to understand how, because of what it arises and how to resist it. Thanks to such people we gradually ceased to be afraid of things previously incomprehensible to us.

In the modern world it has become much safer than in ancient times. We live in warm houses, we always have food, rarely a wild beast can attack us, we can explain any natural phenomenon. But fear still haunts us. Most of the people are still afraid of the "environment" and go out of their comfort zone, afraid to take the first step towards their goal. They are afraid of the unknown. And often do not achieve anything. But one has only to try to confront your fears, to study what you do not understand, and you will understand that all your worries and feelings about this are nothing. This will give you new experience and knowledge that will help you become more successful in the future.

So constantly get new knowledge from different areas, try something new. And most importantly, do not be afraid.

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