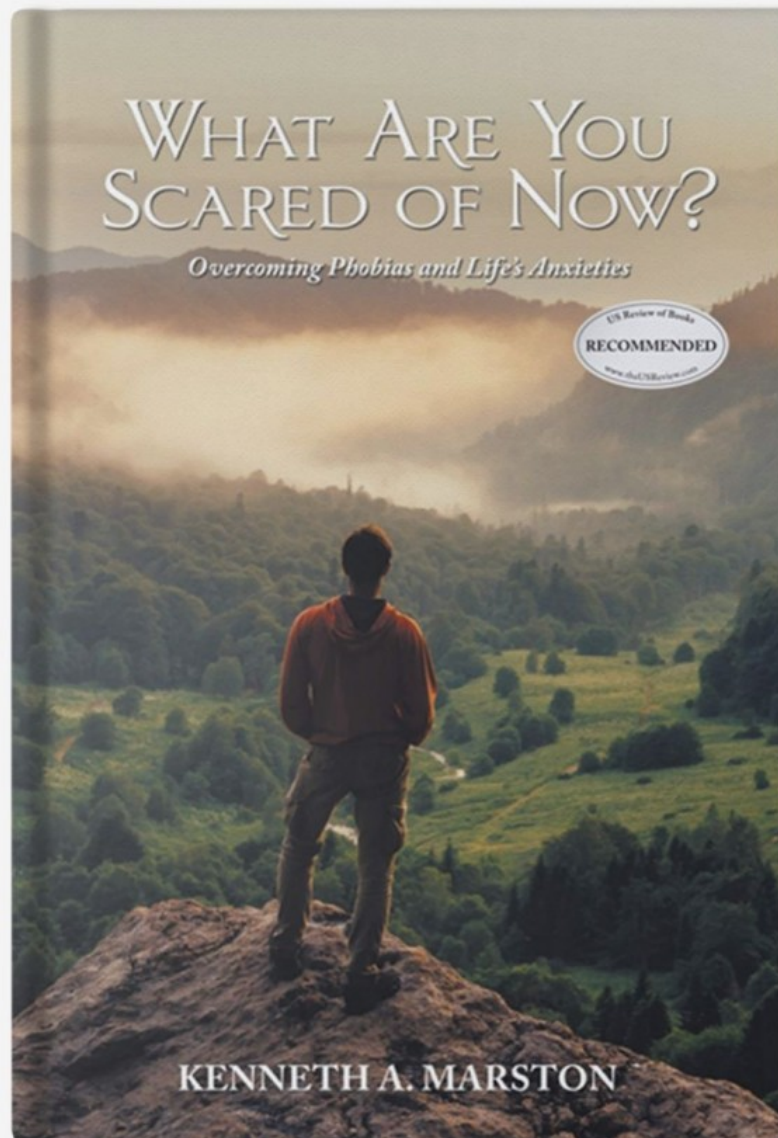


Retired Social Worker Brings Into the Open Constant Battle Against Fears

A battle cry for everyone who's waging war against themselves.



Pittsburg, Mar 5, 2020 (Issuewire.com) - No one is ever spared from suffering crippling anxieties, numbing stresses, and irrational fears that disrupts one's normal daily functioning. Kenneth Marston has grown fully accustomed to these unwanted tensions and has dived into the depth of his worries and phobias in the hopes of conquering them and taking his life back which dread had deprived him of. Kenneth brought along with him many trepidations while he was growing up, but despite it all, he

persevered to counter all of them. This led him to publish [*What Are You Scared Of Now?: Overcoming Phobias And Life's Anxieties.*](#)

Kenneth is a retired social worker, thus giving him abundant professional experience in helping others overcome their fair share of terrors. His book is composed of his personal recollections, making it more like a memoir. This quality makes the readers feel that they are not alone in overpowering their inner struggles with effective techniques, a profound understanding of its source, and logical reasoning.

Barbara Bamberger Scott of The US Review of books states, “Marston writes with sensitivity and an appropriate helping of light anecdote but always with a serious intent: to help readers help themselves to accept, understand, and overcome the common barriers of fear, phobia, and anxiety through practical, replicable methods. His book will be useful to caregivers and an inspiration to anyone seeking to change life for the better.”

Read the full review through this [link](#). To get the latest update on authors, like and follow Authors Press on Facebook, Instagram, and Twitter.

[**What Are You Scared Of Now?: Overcoming Phobias And Life's Anxieties**](#)

Written by Kenneth Marston

E-book | \$5.99

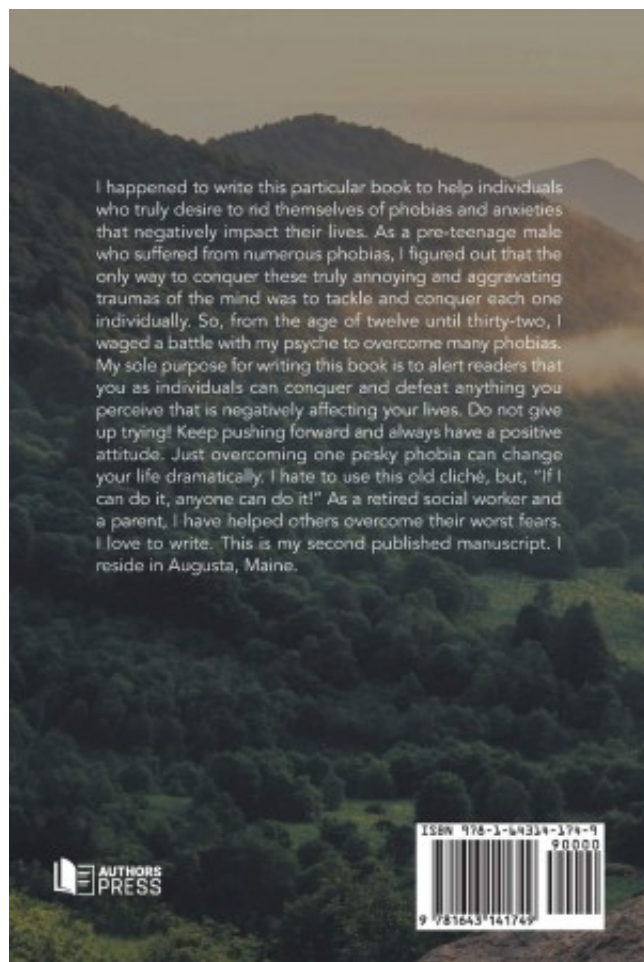
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