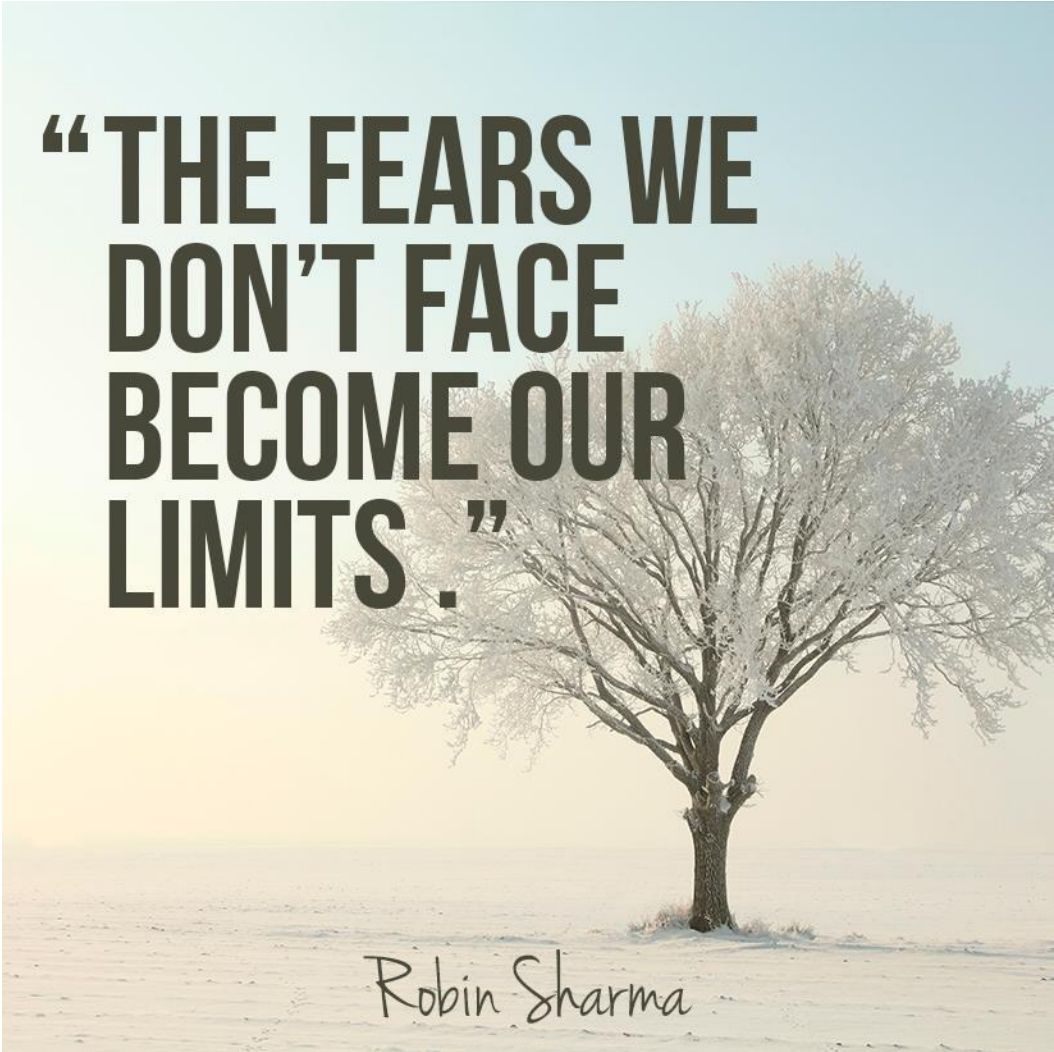


Crashing Through the Terror Barrier

Facing your fear of writing or publishing your book



**“THE FEARS WE
DON’T FACE
BECOME OUR
LIMITS.”**

Robin Sharma

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid but he who conquers that fear.”

~ Nelson Mandela

You truly must believe that what you are writing is going to help others!

The subject of your book is unimportant in that it can be fiction, or non-fiction about self-help, self-image or empowerment. Each of us needs something different than the other. There are times in life where you just want to read a good novel, for pleasure, to relieve stress or to allow your mind to travel to places you have yet to go. There are other times where you need a swift kick in the butt to get out of that place you are in, to motivate yourself to diet, to clean yourself up or to begin to take action to change your life. Regardless of the subject, there is someone out there who wants to hear what you have to say. Honestly, they do!!

As a Publisher, we are faced daily with authors saying, “As I get closer to the release date, the pit in my stomach gets larger.” Trust me; it is very NORMAL to feel this way.

Or “It’s been over a year (or years, in some cases) since I started. Why can’t I get this book done?” It reverts back to whether you truly feel you have something to offer others. And you do. What you have to say does Matter; YOU matter!

Have you ever listened to someone talk about their experience and heard them say that they had certain results, yet when you tried it — it didn’t work? For example, going on a diet. If one method of dieting worked for every single person in the world, there would be no Weight Watchers, Atkins, Keto diet or any one of hundreds of other methods. We would only have one diet plan if all of us were the same. But we are all unique individuals and what works for one doesn’t necessarily work for another. Therefore someone came up with a “different” method of dieting. And that is what you are doing with your book — giving your perspective on an idea, method or work of fiction.

“Fear is a reaction. Courage is a decision.”

~ Sir Winston Churchill

Something else authors say: “There is nowhere to hide; this book represents me and what I believe in.” We are all human. We all have our thoughts, energy and patterns of life and each is different and special. It is okay to believe something other than what other people think; it happens every day. Have you ever heard Bob Proctor talk about Napoleon Hill? He cites his sayings; however, he then interprets them, and gives you his perspective. There is nothing wrong with that, as we all hear things differently.

When you create and release things into the universe, like a website, anything can be changed, at any time. With a book, once it is released, it is out there and it is NOT easy to make changes or to remove. In fact we have attempted to remove books from circulation many times over the years but there is always a copy out there somewhere.

My best advice to any aspiring author is to be confident in your purpose and trust that what you have to say really does Matter!! There truly is no right or wrong, just an opinion.

One of the most interesting things one can learn about fear is that it never really goes away until you’ve faced it or dealt with it.

“The cave you fear to enter holds the treasure you seek.”

~ Joseph Campbell

As an author of a book series, I know all about the fear factor. When I decided to write my first book “***Unwavering Strength, Stories to Inspire You through Challenging Times***” the fear set in before I began. Who am I to write a book? Why would anyone want to hear what I have experienced? Before that time, I thought I would never write a book, but as the saying goes, “Never say never.” So I decided that rather than write an entire book about my journey, I would gather other authors and bring all our stories together. I began, and then I stopped, and I began again, and stopped again. Finally, two years later, I had assembled a team of incredible individuals who all had a story to tell. And a book was birthed. I thought I had gone through the terror barrier and was on the other side, finally. But it kept rearing its ugly head. What I did was — forge ahead! Once I had made a commitment to others, then I knew I wouldn’t let them down. A date was set. The book was finished and without hesitation, I pushed the publish button — and instead of a huge wave of relief and gratitude, I burst into tears — what had I done? Who in the world would want to read what I wrote?

We planned the official release and on that day, I sat at my computer and announced to the world that a new book had been birthed. I watched as friends and family commented and bought the book. Yes! The copies were virtually flying off the shelf. Tears of joy ran down my cheeks. That day the book became an international bestseller in six countries, in paperback and Kindle. And the reviews poured in along with emails from folks writing to say how much we touched their lives and how they needed what we wrote to make their day a little brighter.

If we can do it, so can you!! Crash through that barrier and the gratitude you will feel will be overwhelming.

“Fear is a powerful force that somehow does not allow many people to get what they want in life.”

~ David Schwartz

One of the authors in *Unwavering Strength*, Corinne Casazza, has been a friend of mine since the birth of the book. She is an incredible writer and now works very effectively with Hasmark Publishing. Corinne also released a book and has her own story to share about breaking through the terror barrier.

Service Breaks the Terror Barrier

*“When I wrote **“Break These Chains of Love: A New Paradigm for Relationship”**, I had no idea it would become an Amazon best-seller. I was petrified to publish it. Usually when I’m writing, I’m at my best. I’m writing as an expert and my words are positive and empowering. Or, I’m hiding behind my characters in a novel; they have all the flaws and insecurities, not me.*

Instead, Break These Chains showed me at my worst — my small, petty, jealous, oh-my-God-did-I-really-just-do-that self? I wrote the book because my relationships with men were so difficult that I didn’t want anyone else to suffer like I had. I told myself if I helped just one person, it was worth it.

That’s how I got over the barrier of being so afraid of judgment, ridicule and rejection. I reminded myself this book was an act of service. I wrote it to help others and people had to read it for that to happen. I have to say, publishing it was the most liberating thing ever! People identified with my small self. They could see themselves in my actions and they wanted to overcome their issues too.

So, if you're having a terror tantrum about getting your book out there, focus on it as an act of service, a loving, helping hand to others. Think about how many people you can help and trust it will happen. Then, get it out there! My experience is you'll be so glad you did.

Break through that fear and trust that making it to the other side is going to change your life."

"Never let your fear decide your future."

Another one of the incredible ladies we have the pleasure of working with at Hasmark Publishing, Sigrid Macdonald, wrote the following:

"I remember after I published my first book, everybody I met treated me differently like, Wow, you're somebody who is capable of publishing a book? So I think that's part of the fear people have in the beginning — that it's like flying an airplane. They just think it's this incredible task like brain surgery that is beyond them. But it's not. First, you have to convince yourself you're capable of writing a book and being an author. Second, you want to break the task into small parts and just focus on one chapter at a time or one concept at a time."

Sigrid also told me that in the process of writing her first book, she had to face the realization that all her life, she had been a perfectionist. She had to have everything just so and that was an obstacle to publication. Because every time Sigrid thought her book was finished, she wanted to work on just one more chapter. Like Judy and Corrine, Sigrid had written a book to help people; hers was all about how to recover from total hip replacement surgery. She finally had to take a deep breath and say to herself, "I have given this my best effort. It may not be perfect, but it is as good as it will ever be. Now I release it to the universe so that other people can benefit from my firsthand knowledge of hip replacement." If you struggle with perfectionism, let it go. If you've given your very best to your book, it will be great.

"Thinking will not overcome fear but action will."

~ W. Clement Stone

Each and every day I receive calls from Authors in different stages of creating their book, and rarely do I come across one that is not faced with fear. They put one foot in front of another and eventually have a book in their hands. What helps some of them is that they hire us at Hasmark Publishing to get their book done, and finish it, we do!!! Make the commitment and you will be so very happy you did.

Here is one of our authors, Katia Stern, that is still finding her way through her terror barrier, but I know she will do it. I know she will find the strength and conviction to get her book published.

“Wow! That was a bumpy ride, my first ever book writing experience!

The terror barriers were awaiting me on every step of the journey. Even though I’ve always known I have a couple of books in me, I wasn’t ready to get them out. Don’t a lot of us feel that way? I’m not special in this sense. But I am special and rather privileged to have met the man himself, Mr. Bob Proctor personally. Obviously, I used this once in a lifetime opportunity and asked for the best advice in regard to my coaching passion and what he would recommend to do first to help me get my motivational message out there. “Write a book!” said Bob. That’s it. Just write a book. I guess I didn’t look too convinced I could do it. Wise and experienced Bob took a napkin and wrote a name. Here, Peggy McCall, the writing coach. Contact her and she’ll help you.

In life, we often receive signs and signals. But do we listen, trust and act right away? No. We’re scared of the unknown, we want to be sure, to be certain that it will happen exactly the way we plan. If not, we may feel like failures. Obviously, I didn’t want to feel that way so I didn’t act.

Imagine, it took me a year to go through that first terror barrier. A year of my life. A year of procrastination. And then I made a decision to make that call. In a matter of a week, I had the best support, felt relieved and started the writing process.

The creative part itself was fun and exciting, until I was about to be done – that’s when I hit the second terror barrier.

The manuscript was written, I had to go back and edit it. As I was reading, strange things started happening – I couldn’t read it! I felt ashamed about what I’d written. I felt like I was going to throw up. I felt exposed, naked, unprotected. I closed my computer and couldn’t make myself open it again. I tried a few times to continue as I

had a deadline and felt a lot of pressure from my own sense of responsibility and from the external accountability to my coach and the publisher. But still, I didn't continue. Moreover, my resentment was so powerful that I got sick with pneumonia for the first time in my life.

So, I wrote to my wonderful support group – publisher Judy O'Beirn and editor Corinne L. Casazza. I said that I just couldn't do it. Honestly, I thought they wouldn't be understanding, but discontent with me, and would advise that I had to perform according to our agreement. After all, this was still a business relationship that I, as a business woman myself, take very seriously.

I was quite amazed when both of these women wrote me about their own, very similar, experiences. They both went through the same struggle of feeling exposed. They overcame it by focusing on the mission – to help others who may be going through a similar life challenge.

Once I stopped focusing on my own ego and started thinking about the mission – it all changed. I reminded myself of my own life principles – What if? What if my book helps at least one woman realize that she was born Wow and can choose to live that way – to look phenomenal and do the impossible? Who am I to take that away from her?

As I was ready to submit my manuscript for publishing, I wrote my friend who had introduced me to Bob Proctor. I was feeling gratitude and love for that person and thanked him for being a part of this process. To my surprise and disappointment, he told me that a little over 40 thousand words is nothing. It's not a book and not worth publishing. And so, I stumbled again. Devastated, I started thinking of extra content so that the book could be bigger and therefore worth it.

I am a quality over quantity kind of woman. Size matters, but not always. I don't like books, stories or reports where there's too much totally unneeded information – it feels to me like the author is getting paid by the word. Judy was very supportive and assured me that what I wrote was quality material and totally met the quantity of today's book demands. Also, she strongly advised me not to give away my powers to "friends" like that.

So, the book is ready to be published at this time. There are no more terror barriers. There is excitement and pleasant anticipation to see my name and my photo on the cover of my first book.

I'm feeling grateful to myself and others who have supported me on this pathway. That's a wow feeling, I tell you ..."

So, break through that barrier of fear. Get to the other side and you will feel triumph. Wait for that first email or note from one of your readers. And remember, **you do Matter and what you have to say Matters!!**

I look forward to Publishing your book!!

Judy

President, Hasmark Publishing

A Division of Hasmark Services Corp.

"F.E.A.R. has two meanings: Forget Everything and Run or Face Everything and Rise. The choice is yours."

~ Zig Ziglar

Recently I had a conversation with another one of our authors and felt that it would be great to hear from her while she is standing facing her fears. I am so proud of Rachel, she truly is the master of "Courage".

***In This Moment,
Failure is Not an Option
By Rachel Bazy***

*A couple of years ago, at a Bob Proctor event, I was overwhelmingly inspired to invest in my destiny as an author. I signed up with New York Times Best Selling Author, Speaker, and Mentor, Peggy McColl, along with Bob Proctor, Sandy Gallagher, and 'friends', to co-create the International Best Selling Book, **Destinies**. I am one of the 'friends'. My chapter, titled "In This Moment", is a poignant yet encouraging narrative of the day our oldest son was tragically killed on his motorcycle, and how my husband and I chose to face this unimaginable grief. The launch of **Destinies** was more than a book, it was the launch of faith in my writing and my professional career as an author. I am grateful.*

Next would come the idea for my book, **Courage**. “**Master This, and Anything is Possible**”, my sub-title reads. “New York Times Best Selling Author”, my Goal Card reads. I eat, sleep, and breathe this thing. To paraphrase Alfred Adler, I am grateful for the idea that is using me.

With a goal of redeeming the day, the book launch for **Courage** was set for November 13th, 2018, in memory of our son, on the 3rd anniversary of his death. The Universe was watching over me. Everything that could delay or go side-ways did, bottle-necking the process; this included the manuscript getting “stuck” in Amazon Book’s new software program. I experienced “failure to launch”. But, I realized the Universe was offering me the opportunity of increasing the volume of content with additional chapters, so I was grateful for this moment of reprieve.

From that moment on, though, my usually decisive, courageous spirit began a slow decent into the murky thoughts of inadequacy and doubt. I found myself struggling against the undercurrent pull of procrastination, waves from an unrecognized paradigm drowning all my customary attitudes, work ethic, and optimism. I kept asking, what is this, where is it coming from, and how do I overcome it?

The answer came unexpectedly through a friend who recently suggested Chapter 15 from *Think and Grow Rich*, by Napoleon Hill, as a source for my book **Courage**. And, because I study daily, I immediately opened that book, which was resting on my desk, to Chapter 15; “How to Outwit the Six Ghosts of Fear”. In that moment of reading, I had to summon courage, that most important of virtues, to take inventory of myself. There, I discovered fear; a fear I hadn’t recognized, a fear of failure, then the realization that it takes courage to admit I have fear! Now that’s ironic, especially because my branding is Master of Courage.

Fear of failure...failure of what? Oh, we may all have our list, but #1 on my list was failing the people who have shared with me some of the most important moments of courage in their lives. Sub-category, failing the book, the idea, and the gift that has been given to me from the Universe. Failing to give this book the full-blown launch it deserves. Failing the readers, the potential impact on lives; failing the message that was brought through me.

In the maelstrom of awareness, I was finally staring at the sea monster. I punched it in the face.

*It's not about my destiny as a New York Times Best Selling Author, anymore. It's not about the money, or being cathartic, or proving the doubters wrong. It's about honoring those who have entrusted me with their stories of courage for my book; it's about making this book **Courage** the very best it can be. It's about the message, the light of wisdom, the love for my readers. It's not about me. I'm just the beacon. This book has its own destiny as a New York Times Best Seller. I have always known that. I'm not about to let the illusion of failure drown me. Daily, I must punch the monster of fear in the mouth, tell it to shut the hell up, until it shrinks into the abyss. In this moment, I must keep swimming towards my goal.*

I am grateful for the life-saver of mentoring friends.

Love and Courage,

*Rachel Bazy,
Master of Courage*

