



# #Fearhunters

*Noah Elias*

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Our thought-life defines our identity and how we see ourself. What we believe dictates our actions, and our actions become habits. We all face enemies from our past: guilt, shame, and fear that are born from negative circumstances which have created wounds. These wounds can birth lies that we agree with over time that cripples our thinking, nagging us into an ineffective life. Our family, career, and relationships suffer as a result. Freedom from these strongholds in our mind can be achieved, and #fearhunters is here to provide strategies and targets to help eliminate the shame and guilt that stand between you and the life you are meant to live.

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