

# WHAT ARE YOU AFRAID OF?



A BODY/MIND GUIDE TO COURAGEOUS LIVING

LAVINIA PLONKA

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The ordinary manner in which we carry ourselves physically, our automatic gestures, and the accustomed comforts of our bodily habits inadvertently reinforce fear's hold on our lives. *What Are You Afraid Of?* explores how our fears often arise from physical and mental triggers that have been learned over the course of our early lives-and can be un-learned. Fear, explains award-winning movement teacher Lavinia Plonka, is not the product of intractable psychological demons; instead, it often revolves around repetitive body/mind cues. By teaching the body new habits through a series of exercises and postures, the cycle of fear can be broken.