

Facing Fear: The True Story of Evelyn Frechette



Evelyn Frechette was born with a fear of heights. As a child, she would get dizzy and nauseous just looking down from a second-story window. But Evelyn didn't let her fear control her life. She decided to face her fear head-on.

Facing Fear: The True Story of Evelyn Frechette

by Larry Schroeder

★★★★☆ 4.1 out of 5

Language : English



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In her early 20s, Evelyn started taking rock climbing lessons. At first, she was terrified. But she kept practicing, and slowly but surely, her fear began to diminish.

Within a few years, Evelyn was climbing some of the most challenging rock faces in the world. She became one of the most successful female rock climbers of her generation.

Evelyn's story is an inspiration to us all. It shows us that we can overcome our fears if we are willing to face them.

****Here are some tips from Evelyn Frechette on how to overcome your fears:****

*** **Start small.**** Don't try to tackle your biggest fear all at once. Start with something small and manageable. *** **Set realistic goals.**** Don't set yourself up for failure. Set small, achievable goals that you can build on over time. *** **Practice regularly.**** The more you practice, the easier it will become to face your fear. *** **Don't give up.**** There will be times when you

want to give up. But don't let fear win. Keep practicing and eventually you will overcome it.

Evelyn Frechette is a true inspiration. Her story shows us that we can all achieve our dreams if we are willing to face our fears.

****Additional Resources:****

* [Evelyn Frechette's website](https://www.evelynfrechette.com/) * [The North Face](https://www.thenorthface.com/) * [American Alpine Club](https://www.americanalpineclub.org/)



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