

BILL ZIMMERMAN
PRESENTS

FRAIDYCATS?



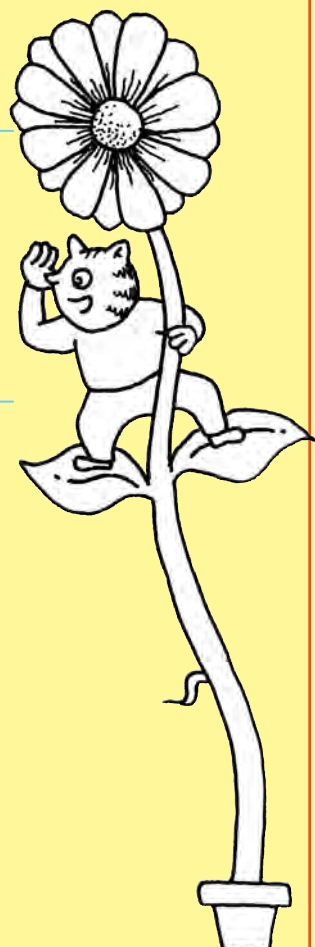
DRAWINGS BY
TOM BLOOM

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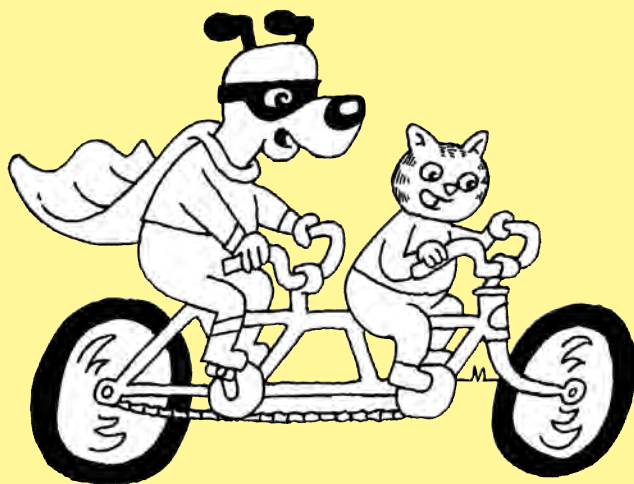
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Fraidy Cats' Book of Courage

(With Wisdom From Derring-do Dog)



by Bill Zimmerman
drawings by Tom Bloom

Fraidy Cats' Book of Courage

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Dedications

*For my wife, Teodorina,
who is so courageous.*



*And for each of us
as we try to overcome our fears.*

—BZ

*The author wishes to thank Dr. Marvin Kaplan
for his help and guidance over the years.*

I asked the healer:
Do we have seeds of courage within us?
If so, how do we help them grow?
What do we need to do to nurture them
so that we can become stronger and be braver?
How does one cultivate courage?

The healer said:
There is only one answer to your questions—
and that is to remember.

Remember when you persevered
and came through tough times before and you survived.
Remember the positive feelings you had
in recovering from illness.

Do not allow fear to overwhelm you
and wipe out your memory of all that you have overcome.
Instead, believe in your ability to recover
from fear or illness or missteps.

By remembering, you gain confidence
that things can go well for you.

This confidence, in time, will become
part of your full nature and give you courage.





Dear friend,

As an infant I would cry in my crib waiting for someone to come and hold me. As a child I was afraid to leave home to go to school. At school I was afraid that I wasn't smart enough to learn. I feared the bullies there. I worried all the time whether I would lose my parents or that they would split apart. Later, when I grew up, I feared that I

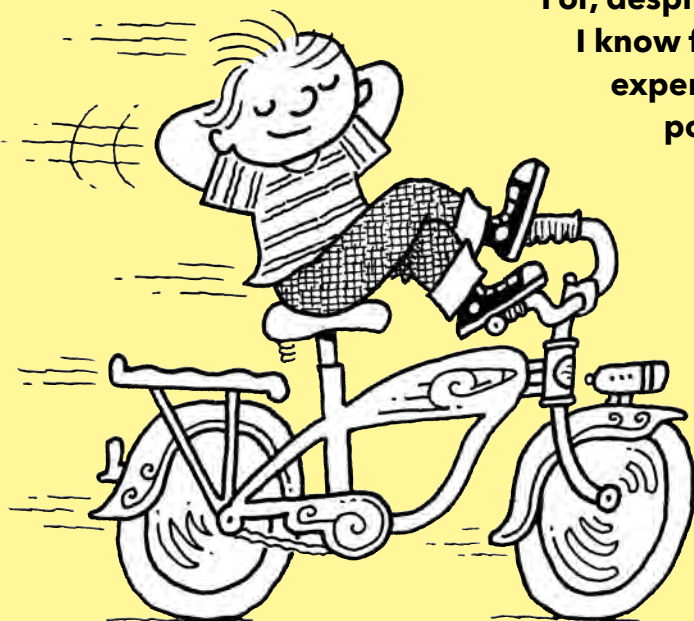
might not be able to hold down a job and survive. I feared illness and sickness. I feared death. **I feared too many things.**

Yet, as frightened as I have been at times, I also have always loved life and have tried to live fully. I try to find the courage in me to overcome my fears. I try too, to help others who are frightened. We reach out to one another, one fearful being to another.

I remember once reading a line in a book where someone insisted to himself, "You can't live your whole life in fear." And I shook my head in agreement. What is it about a grown person who still can't shake off all the fears and anxiety he first experienced as a young child? I don't want to live with such constant fear and terror. I want to be better than that. So I began writing this book when I felt things were closing in on me, when I was sick and needed to call up my courage. **By writing I confront my fears and try to to make peace with them, rather than just continue to live a fearful life.**

For inspiration, I asked my artist friend Tom Bloom to draw a cartoon depicting something I had seen when I was very young. It was a boy in my neighborhood who would bravely ride his bicycle without needing to hold on to the handle bars, his hands wide open to the wind. He seemed so confident and at ease—the exact opposite of the way I was. I asked Tom to draw that scene as inspiration to help me do something brave and freeing, too, which was to write about my fears. I knew that I could never perform that boy's trick, but I also knew that I was still capable of doing other "brave" deeds, such as writing about my fears.

**For, despite all my worries,
I know from my life's
experiences that I also
possess strengths
that have seen
me through—the
same strengths
that you have.**



Someone once told me that in life you have to fight a lion each day. I understand this to mean that the lion stands

for all the hard things that we face daily, such as working hard in school, earning our daily bread, and also dealing with personal problems, with loss, with heartbreak and illness. How do we learn to face these occurrences courageously?

That is what the fraidy cats shown in the book seek to answer as they talk about what frightens them (or, rather, what frightens me). Sometimes the things they worry about are silly, sometimes they are very serious. These fraidy cats try to come to terms with their fears as best as they can. Sometimes they do so by making compromises to make peace with the fear they want to overcome. Other times, they subdue their fears by using their imaginations to conjure up happy moments when they can fly and

soar. This is what I do when I create my books.



A key character in this book is the heroic Derring-do Dog (another part of me). He is much wiser and more confident than the fraidy cats, and as their friend he helps them deal with their fears. He explains what courage really is. Derring-do also knows—as do most fraidy cats deep down—that each of us

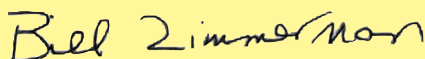
is courageous in our own particular way. Sometimes just doing our best in a difficult situation and not allowing our fears to overwhelm us can be a very courageous way to live.

I have learned that each of us is stronger and braver than we think we are and we need to give ourselves more credit than we usually do. Courage is not always doing the extreme thing, like saving another person's life; courage instead is often shown in the little things we do each day as we muster our energy and

face our fears to get us through our difficult moments and dark nights. So, just as the fraidy cats and Derring-do represent two sides of me, perhaps they're that way for you, too.

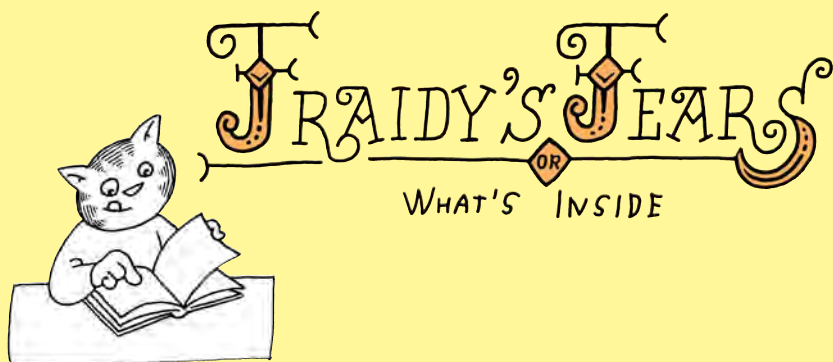
May you always be brave for yourself!

Sincerely,

A handwritten signature in dark ink that reads "Bill Zimmerman". The script is cursive and fluid, with the first letters of "Bill" and "Zimmerman" being capitalized and prominent.

Bill Zimmerman

P.S. This book's Pet Talk section, which begins on page 42, is formatted as an interactive digital journal. It will allow you to write your thoughts about courage directly on your screen into the areas with lines on each of the section's pages. When you are done typing, simply save the document until the next time you are inspired to make new entries.



1. Mountain Climbing
2. Morning Fright
3. Bicycle Tricks
4. The Whole World
5. Going Outside
6. Doctors and Hospitals
7. The New Day
8. Making Mistakes
9. Being Shy
10. Illness and Pain
11. Dark of Night
12. World News
13. The Unknown
14. Deep Sea Diving
15. Mean Bosses
16. Death and Dying
17. Public Speaking
18. Great Heights
19. Aimless Wandering
20. Big Challenges
21. Bravery
22. Wrong Turns
23. Big Challenges
24. Changes
25. Uncertainty
26. Sounding Foolish
27. Losing Touch
28. Noises at Night
29. Bullies
30. Insufficient Brainpower
31. Scary Rides
32. Mobility
33. The Future
34. Appearing Foolish
35. Faulty Finances
36. Rejection
37. Left Alone
38. My Looks
39. Losing Loved Ones
40. War and Violence
41. Growing Old

WHAT'S UP
FRAIDY CAT?
YOU
LOOK
SO-O-O
WORRIED!



FEARS!

EVERYTHING
SEEMS TO FRIGHTEN ME, DERRING-DO!
I LACK COURAGE. I WISH I COULD BE
BOLD & CONFIDENT!!
...LIKE YOU!



OH, C'MON...
FRAIDY CAT, THERE'S
NO NEED TO BE
SO ROUGH ON
YOURSELF! WE
ALL GET AFRAID
SOMETIMES...
EVEN ME. WHAT
YOU WANT TO DO
IS CHANGE YOUR
PERSPECTIVE ON
THINGS, YOU KNOW



EXPRESSING YOUR
FEARS WOULD BE
A GOOD START...
TELL ME WHAT
FRIGHTENS YOU
AND WE WILL
TAKE THE NEXT
STEP FROM THERE.
OKAY? MAYBE I
CAN GIVE YOU A
FEW POINTERS...
OR A BEAGLE. OR...

...OKAY...




...HERE...




...GOES...





I AM AFRAID TO TRY
CLIMBING UP VERY
TALL MOUNTAINS...



... BUT YOU COULD BEGIN BY
WALKING UP SMALL HILLS
TO GAIN CONFIDENCE, GRADUALLY
ADVANCING HIGHER. THAT'S HOW
YOU GET TO THE MOUNTAIN TOP...
... STEP BY STEP...



SMALL STEPS WILL GET YOU TO THE SAME PLACES
AS BIG STEPS DO. IT MIGHT TAKE LONGER...

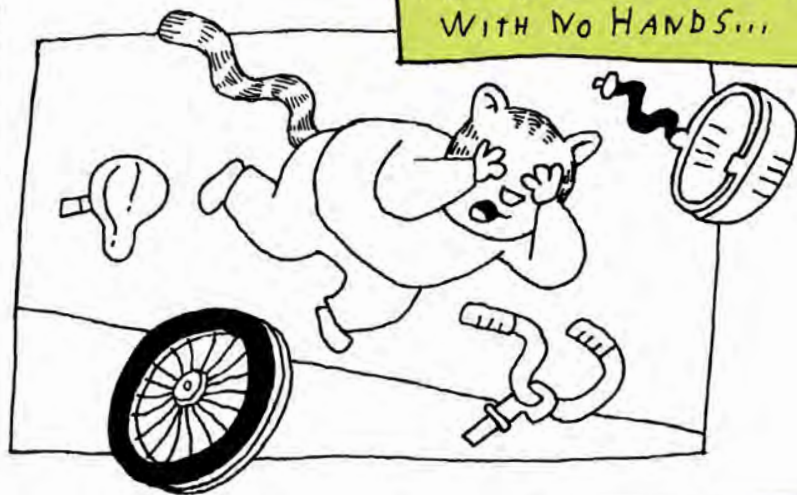


IT WILL HELP TO REMEMBER THERE IS ALWAYS A FLAME OF HOPE THAT FLICKERS WITHIN YOU. REMIND YOURSELF OF THOSE THINGS THAT BRING LIGHT INTO YOUR LIFE... A JOYOUS MEMORY, OR SOMETHING WHICH GIVES YOU A SENSE OF WONDER AND PEACE.



HOPE IS THE ANTIDOTE TO FEAR.

I'M AFRAID TO RIDE MY BIKE
WITH NO HANDS...



...LISTEN, FRAIDY, THAT'S NOT SUCH AN IMPORTANT THING TO
BE ABLE TO DO! IT MAY BE A NEAT TRICK, BUT WHAT REALLY
COUNTS IS THAT YOU'RE STRONG AND CAN CYCLE FOR MILES
WITHOUT GETTING TIRED. THAT'S MUCH MORE IMPRESSIVE...



DO WHAT YOU NEED TO DO TO GET WHERE YOU WANT TO GO.

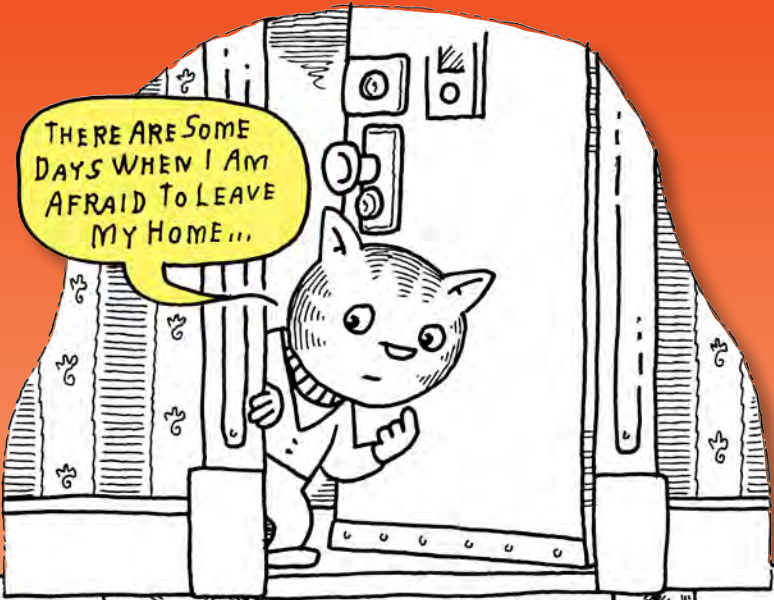
Dear Tabby,
Sometimes I am
afraid of the
whole world.

Love,
Fraidy

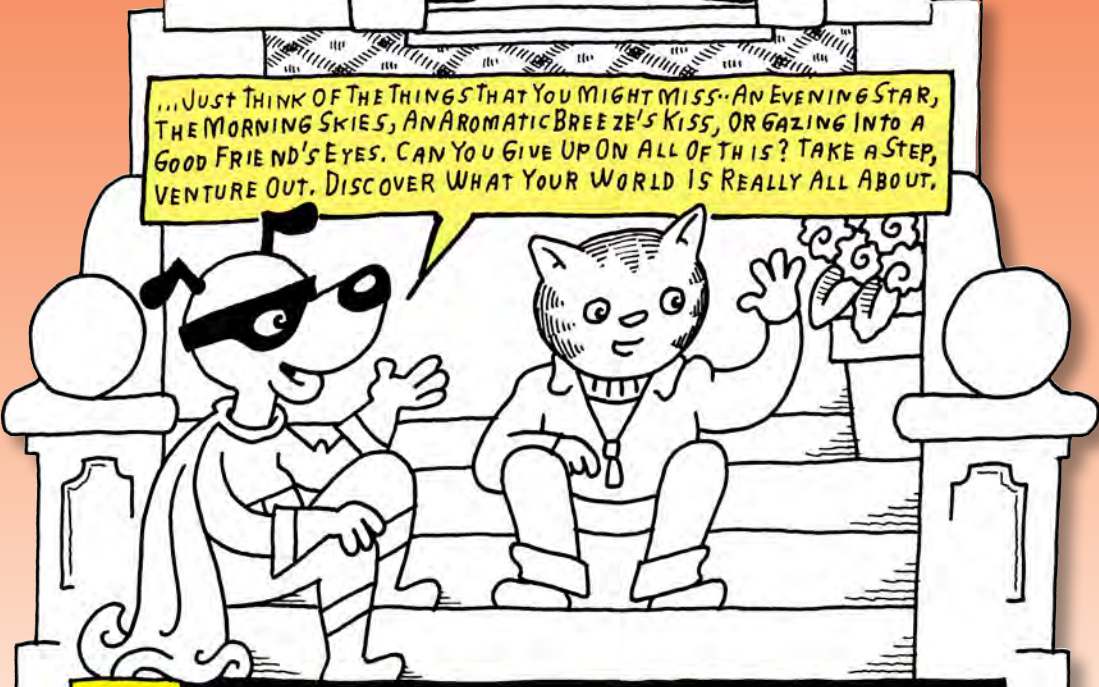
...WELL, YOU NEEDN'T FEEL
THAT WAY. HERE'S WHAT
YOU CAN DO... FIND A SAFE
HAVEN WHERE YOU FEEL
SECURE... MAYBE IT'S BY
READING A BOOK, LISTENING
TO MUSIC, MAYBE GAZING
AT PICTURES IN A MUSEUM,
OR RESTING YOUR HEAD ON
SOMEONE'S SHOULDER. AS
YOU DISCOVER WHAT BRINGS YOU
COMFORT, THEN YOU WON'T
FEEL SO AFRAID ALL
THE TIME. GOOD
LUCK, FRAIDY...



COMFORT IS SAFETY'S COMPANION.



THERE ARE SOME DAYS WHEN I AM AFRAID TO LEAVE MY HOME...



...JUST THINK OF THE THINGS THAT YOU MIGHT MISS...AN EVENING STAR, THE MORNING SKIES, AN AROMATIC BREEZE'S KISS, OR GAZING INTO A GOOD FRIEND'S EYES. CAN YOU GIVE UP ON ALL OF THIS? TAKE A STEP, VENTURE OUT. DISCOVER WHAT YOUR WORLD IS REALLY ALL ABOUT.



TAKE A PEEK OUTSIDE, CONSIDER THE BIGGER PICTURE.



YES, I UNDERSTAND HOW YOU FEEL. IN YOUR LIFE YOU PROVIDE COMFORT TO THOSE IN NEED. YOU ARE SUCH A CARING CREATURE AND A NATURAL HEALER, WHILE THAT IS VERY SPECIAL, SOMETIMES, DESPITE YOUR FEAR, IT'S IMPORTANT THAT YOU ALLOW YOURSELF TO BE TAKEN CARE OF, TOO.



IF YOU TAKE CARE OF OTHERS, THEN IT'S OKAY TO LET OTHERS TAKE CARE OF YOU.

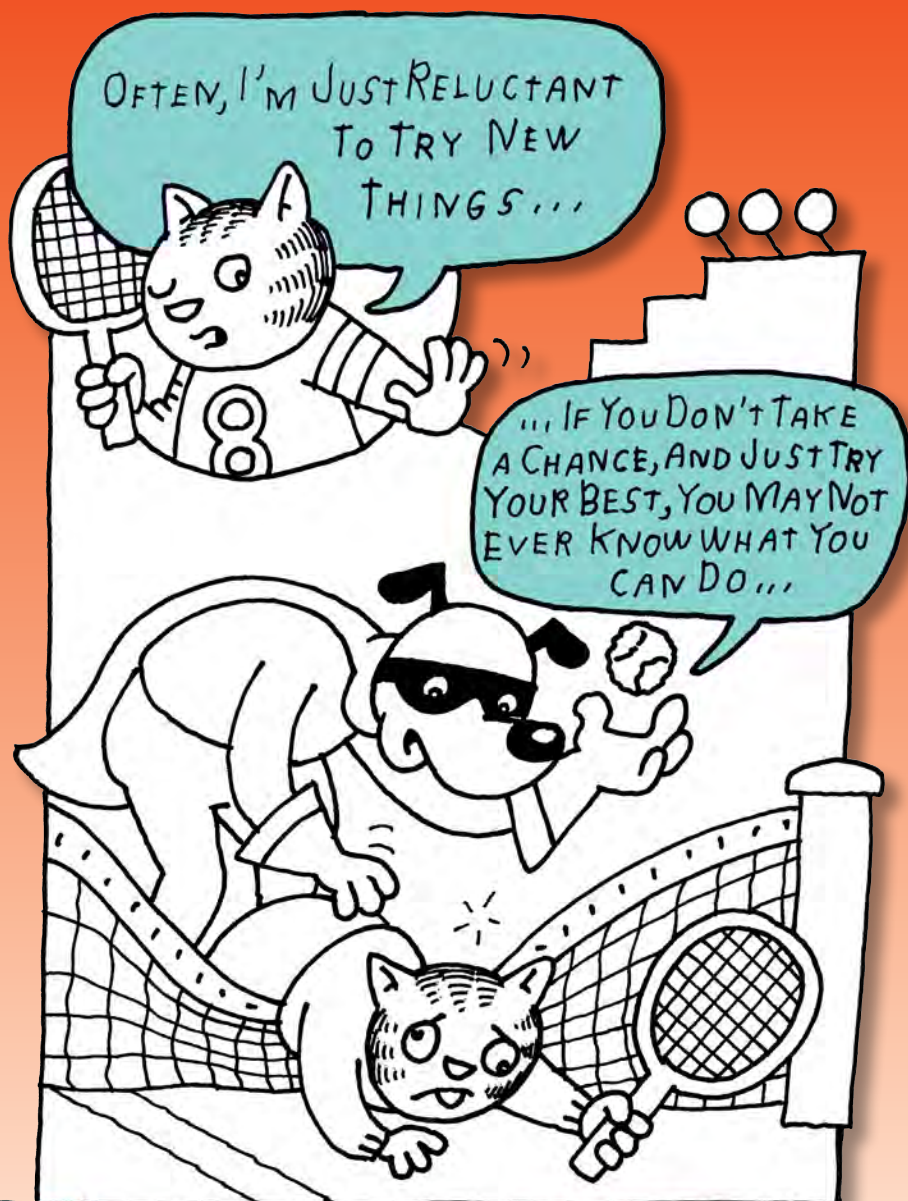
I'M FRIGHTENED OF
WHAT THE NEW DAY
MIGHT HAVE IN
STORE FOR ME...



...THANK YOU, CALLER... AND
YET, I SENSE, SOMEHOW, INSTEAD OF
HIDING UNDER THE COVERS, YOU
ALWAYS MANAGE TO RISE AND STEP
INTO THE DAY... AT TIMES, THEY
MAY SEEM LIKE BABY STEPS, BUT IT'S
VERY IMPRESSIVE HOW YOU PUSH
THROUGH. KEEP IT GOING...



SMILE AT EACH NEW DAY. IT WILL SMILE BACK.



YOU MAY LESSEN A MISTAKE
IF THE LESSON IS LEARNED.





YES, YES,
OF COURSE YOU ARE.
BUT IF YOU FOCUS ON THE
GOOD THINGS IN YOUR LIFE, LIKE
EATING WELL, EXERCISE, PROPER REST,
YOU STRENGTHEN YOUR HEALTH
AND PREVENT ILLNESS. PLUS, DON'T FORGET,
THERE ARE ALWAYS GOOD
DOCTORS TO TAKE CARE OF YOU...

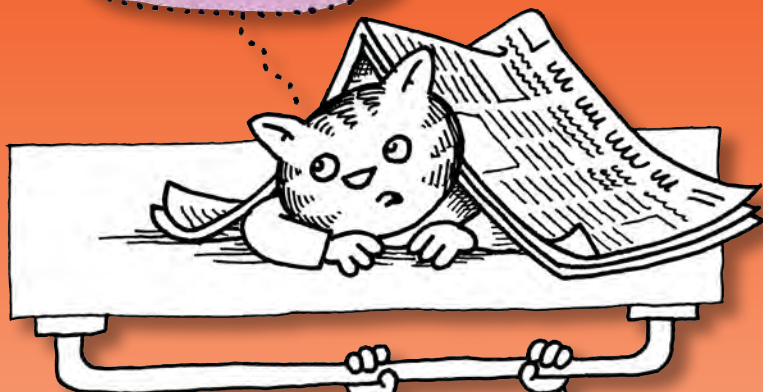


BEING GOOD TO YOURSELF IS CONTAGIOUS.

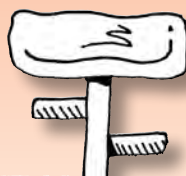
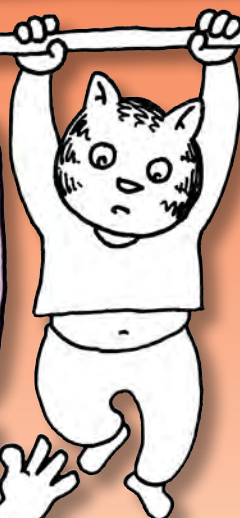


YOU ARE A BEACON TO YOURSELF
AND TO THOSE AROUND YOU, SHINE ON,

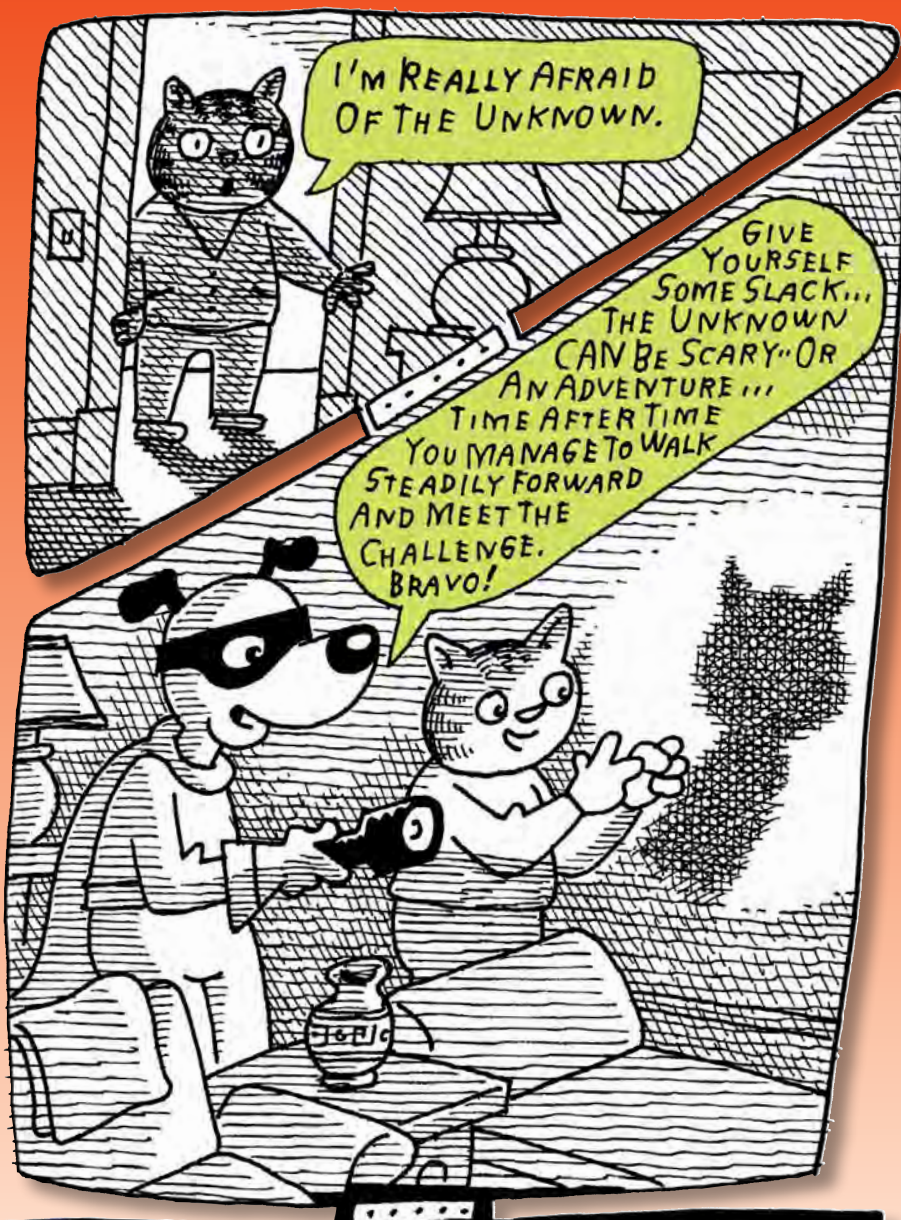
DERRING-DO...? I'M
FEELING VERY, UM...,
UNSETTLED BY EVENTS
IN THE WORLD
TODAY...



IF YOU CAN, PUT THE
NEWS ASIDE FOR A
WHILE, AND TRY TO
FOCUS ON YOUR OWN
LIFE. LIVE IT WELL AND
YOU SHOULD BE FINE.
OKAY?



WRITE YOUR OWN HEADLINES.



I'M REALLY AFRAID
OF THE UNKNOWN.

GIVE
YOURSELF
SOME SLACK...
THE UNKNOWN
CAN BE SCARY...OR
AN ADVENTURE...
TIME AFTER TIME
YOU MANAGE TO WALK
STEADILY FORWARD
AND MEET THE
CHALLENGE.
BRAVO!



WHEN YOU FILL YOURSELF UP WITH
KNOWLEDGE, THERE'S LESS ROOM FOR FEAR.



SOMETIMES YOU ARE THE TREASURE.

SOME DAYS, I'M AFRAID OF
MY GROWLING BOSS...



...HERE'S
HOW I SEE

IT... YOU'RE GOOD AT WHAT YOU DO,
JUST STRIVE TO DO THE BEST JOB
YOU CAN, AT THE END OF THE DAY
THAT'S WHAT REALLY COUNTS, YOU
MUST BELIEVE IN YOURSELF.



DON'T ALLOW THE OFFICE
TO DO A JOB ON YOU.

... I'M AFRAID OF...
... DYING...

YEP...
THAT'S A
TOUGH ONE... I'D SAY, RATHER THAN DWELLING
ON DEATH, GET OUT THERE AND LIVE!! TRY TO
SQUEEZE AS MUCH JOY INTO EVERY MOMENT
OF YOUR PRECIOUS LIFE, SING YOUR SONG...
FLY YOUR FLAG... SHARE YOUR SPIRIT... IT'S
ALL THERE, YOU JUST NEED TO DO YOUR
PART AND LIVE IT.



FILL THE DAYS OF YOUR LIFE
WITH PASSION AND GRATITUDE.

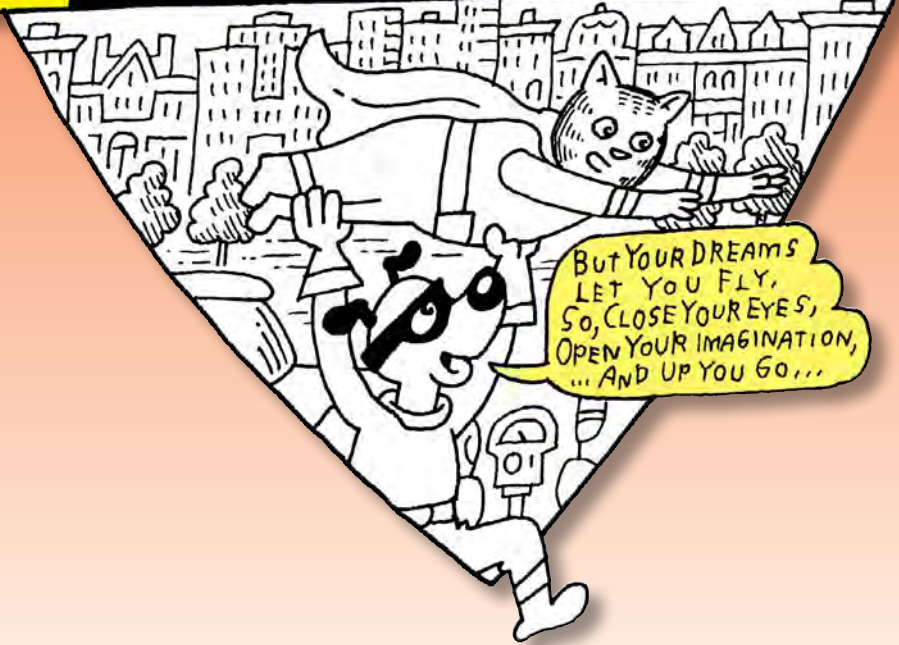




I HAVE A
FEAR OF
HEIGHTS.



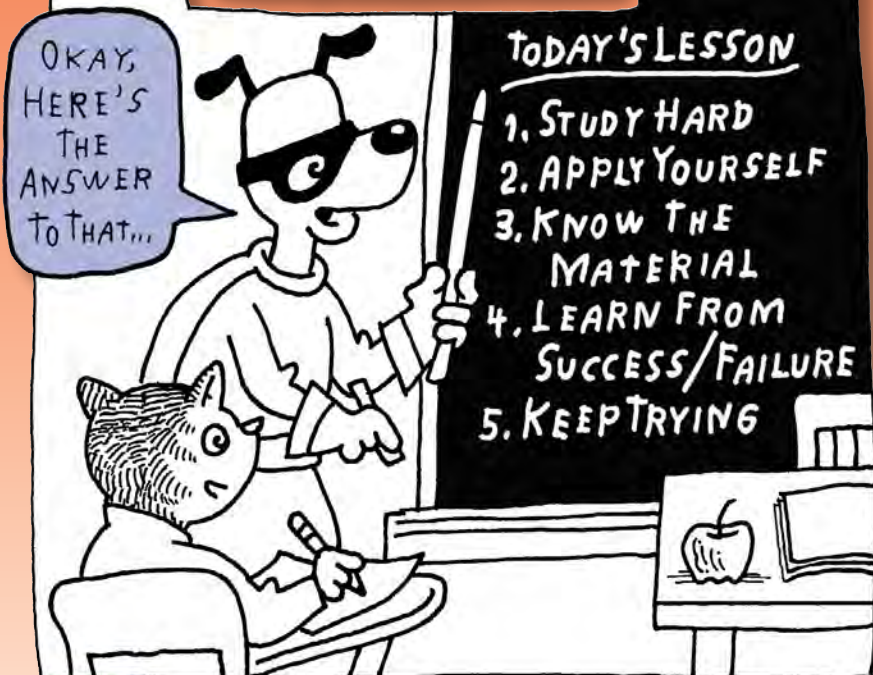
KEEP YOUR EYES TO THE SKIES,
YOUR FROWN ON THE GROUND.



BUT YOUR DREAMS
LET YOU FLY,
SO, CLOSE YOUR EYES,
OPEN YOUR IMAGINATION,
... AND UP YOU GO, ...



SOMETIMES, STAYING PUT
IS THE BEST WAY TO TRAVEL FAR.



STICK WITH STICK-TO-IT-IVE-NESS.
IT WILL SEE YOU THROUGH.

SO, DERRING-DO...
AS AN EXPERT IN THE
FIELD OF
BRAVERY...
YOUR THOUGHTS?

...THANK YOU... AND LET ME SAY THAT I AM
A BIG BELIEVER IN LIVING BRAVELY AS WELL
AS BOLDLY. YOU DON'T HAVE TO IGNORE YOUR
FEAR, JUST LEARN TO CONTROL IT. EVERY TIME
YOU DO YOUR BEST, YOU'RE SHOWING THE WORLD
WHAT A HERO CAN LOOK LIKE, I'M JUST SAYIN'...

OH BOY!
THAT'S JUST
HOW I FEEL.
GEE, I'M SO
GLAD THAT
I TUNED
IN.



TRY THINKING ABOUT THINGS IN A MORE POSITIVE WAY.

I'M VERY AFRAID OF
TAKING A WRONG TURN
AND GETTING A LOST.

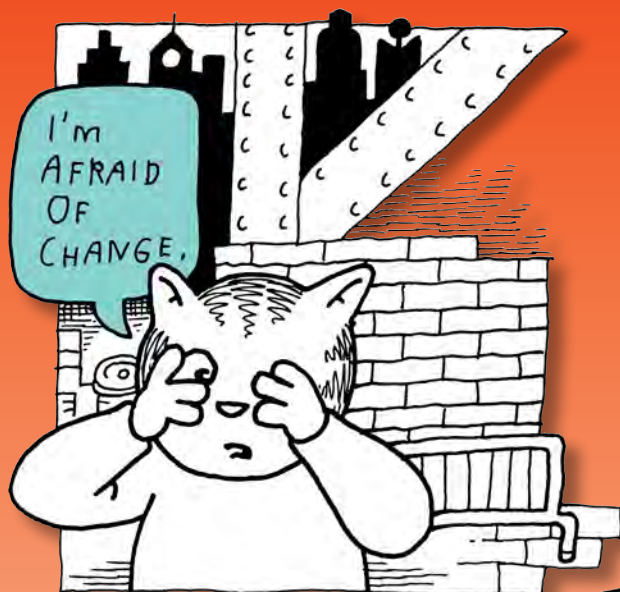
WHILE THERE'S SOMETHING TO BE
SAID ABOUT STAYING ON THE PATH,
SOMETIMES GETTING LOST IS JUST
ANOTHER ROUTE TO YOUR CHOSEN
DESTINATION. OF COURSE, ASKING
FOR DIRECTIONS CAN SPEED UP
THE TRIP... AND YOU MAY MAKE A NEW
FRIEND IN THE PROCESS.



ASK FOR ASSISTANCE. REQUEST ADVICE.
DON'T BE TOO STUBBORN.



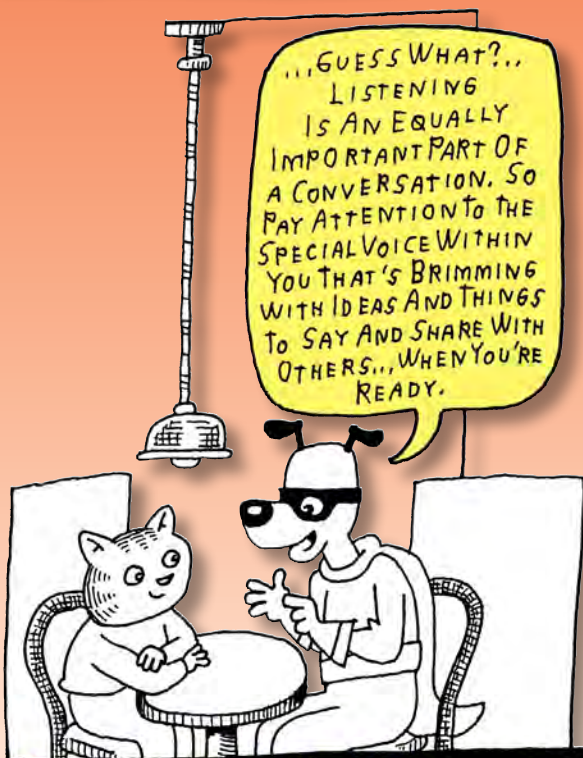
NO JOB SHOULD BE TOO SMALL TO TAKE ON,
BUT SOME JOBS MAY BE TOO BIG.



CHANGE IS THE BRIDGE TO THE FUTURE.



LOOK BEHIND THE CURTAIN TO BE CERTAIN.



EXPRESS YOURSELF.
PAINT A MELODY "RECITE A PICTURE" DANCE A POEM.

I'M AFRAID
OF LOSING TOUCH
WITH THE
PEOPLE I LOVE.

HERE'S WHAT TO DO-- LIVE WITHOUT
REGRETS. BY THAT I MEAN, TAKE TIME TO
TELL THE PEOPLE YOU LOVE, HOW MUCH
THEY MEAN TO YOU. LET 'EM KNOW THEY'LL
ALWAYS BE IN YOUR HEART. THUS, WE'RE
ALL WINNERS.



NO ONE GETS LOST IN A BIG HEART.

Dear Tabby,
I'm frightened by strange
noises at night... Fraidy

DEAR FRAIDY"

STAY STRONG. IT'S PROBABLY A
GUST OF WIND OR SOMETHING.
MAKE SURE TO SECURE YOUR
HOME AS BEST YOU CAN. BE
BRAVE, BUT BE PREPARED, TOO.

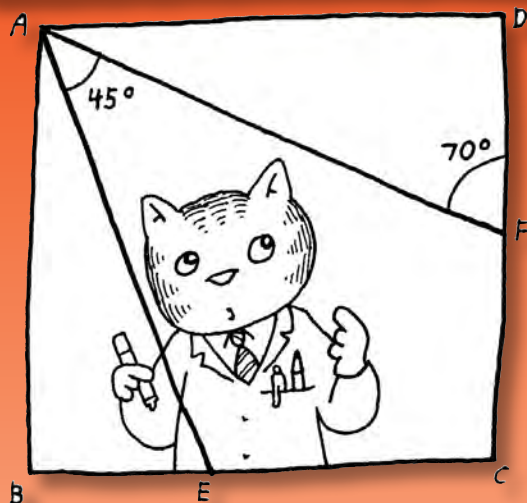


SOMETIMES THE THING THAT GOES BUMP
IN THE NIGHT IS YOU. USE A FLASHLIGHT.



PICK YOUR BATTLES AS YOU WOULD
YOUR FRIENDS... WISELY.

I'M AFRAID THAT I MAY NOT BE
SMART ENOUGH TO FIGURE THINGS OUT.



...THOUGH A LITTLE SURPRISED BY THIS STATEMENT,
THE TWO FRIENDS PRESSED FORWARD AND MOVED ON...

IT TAKES ME SO
LONG TO GET IT
JUST RIGHT,

:)

YOU CAN DO IT...
YOU'VE GOT DEDICATION,
AND GOOD INSTINCTS.
ADD MORE SELF-CONFIDENCE..
YOU'LL BE ALL SET.



EVEN IF EVERY PROBLEM IS A SITUATION
NOT EVERY SITUATION IS A PROBLEM.

I'M AFRAID OF SCARY RIDES
THAT GO UP, UP, UP...ZWOOSH...
THEN DOWN...LOOP-DE-LOOP...
AND AROUND...AND 'ROUND
AND...



YES, BUT WITH THE POWER
OF IMAGINATION, YOU CAN
WALK ON A RAINBOW,
TAKE FLIGHT WITH THE
BUTTERFLIES, OR STAND
ON THE EDGE OF A FLOWER
AND VIEW THE UNIVERSE



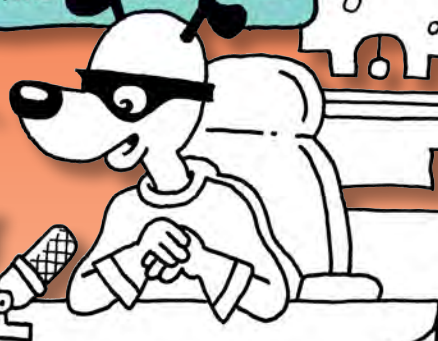
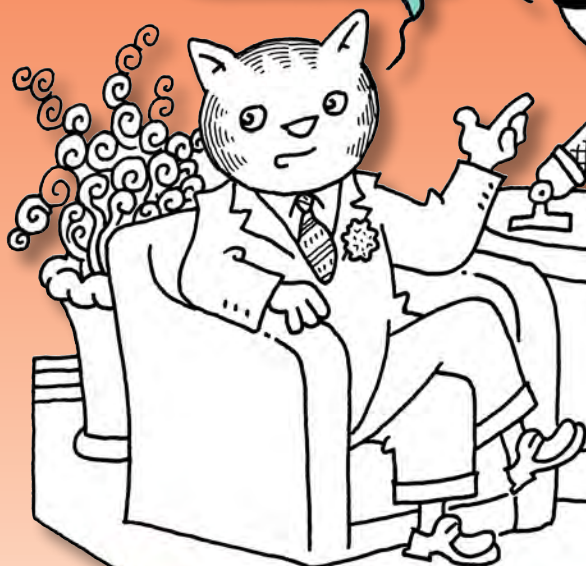
BECOME A CITIZEN OF YOUR IMAGINATION,
WHERE EVERYTHING IS POSSIBLE.





OH, DON'T WORRY ABOUT ALL THAT, ...I THINK IT'S MORE IMPORTANT NOT TO PASS UP AN OPPORTUNITY OR EVEN A CHALLENGE, AND BE AT RISK OF NEVER KNOWING WHAT'S POSSIBLE. AS I ALWAYS SAY, "A DREAM FOLLOWED IS BETTER THAN A DREAM IGNORED," SO I'M GLAD THAT YOU'LL FINALLY STAR IN YOUR OWN SHOW. HOW WILL YOU PREPARE FOR THIS ROLE?

I FEAR THAT I AM MOST AFRAID OF APPEARING FOOLISH.

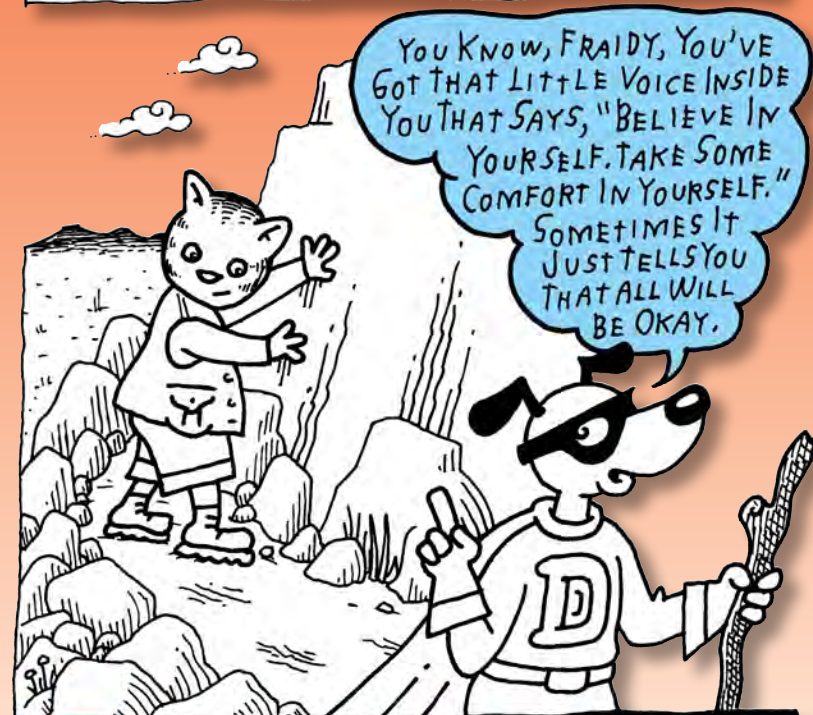


LIVE, LAUGH, LEARN, REPEAT OFTEN.



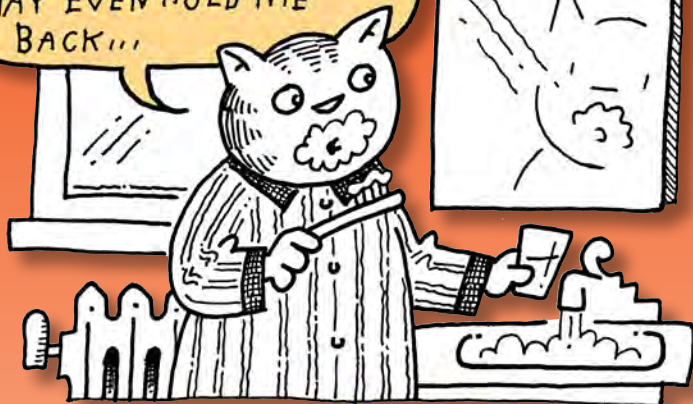
EVEN A SMALL INVESTMENT IN YOURSELF
CAN REAP SUBSTANTIAL GAINS.





BECOME A GUIDE ON YOUR OWN TRAIL.

HEY, DERRING-DO?... I FEEL
THAT I'M NOT GOOD-LOOKING
ENOUGH,... AND SOMEHOW IT
MAY EVEN HOLD ME
BACK...



BEHOLD
THE
BEAUTY
"OF YOUR"
SPIRIT
THAT MAKES
YOU
SPECIAL
&
MAKES US GLAD
YOU'RE
ALIVE



THERE'S GOOD STUFF INSIDE YOU. LOOK DEEPER.

OHH, DEKRING·DO,
I AM SO AFRAID OF
LOSING SOMEONE
CLOSE TO MY HEART,
WHOM I LOVE DEARLY.



HUSH,
MY FRIEND.
YOUR LOVE FOR
ANOTHER
WILL ALWAYS
BE PART OF
WHO YOU ARE,
NESTLING IN
YOUR HEART.
THAT WILL
NOT CHANGE,
EVER.



LOVE WITH ALL YOUR HEART. TELL THEM, TOO.

DERRING-DO... I FEAR WAR AND VIOLENCE,



... SO DO WE ALL, FRAIDY. SO DO WE ALL. HOWEVER, YOU, YES YOU, HAVE THE POWER TO BE KIND AND GENTLE, TO LIVE IN PEACE AND STRIVE FOR HARMONY WITH THOSE AROUND YOU, BY HELPING OTHERS, YOU CAN REDUCE SOME OF THE PAIN IN THIS WORLD. AND MAKE THINGS BETTER. IT'S IMPORTANT THAT YOU USE THE POWER IN YOU TO DO GOOD THINGS!

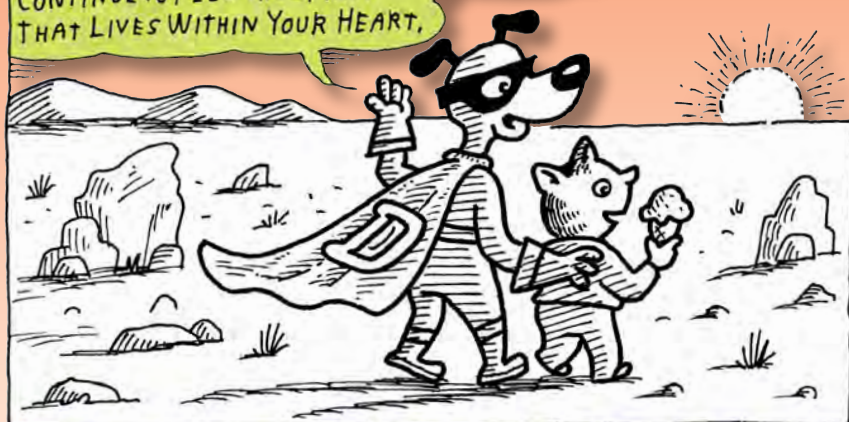


KINDNESS CAN CATCH ON WITH YOUR HELP.



WELL, YOU KNOW FRAIDY, TIME HAS A WAY OF CATCHING UP WITH EACH OF US. THE SUN RISES, THE SUN SETS, BUT WE HAVE THE POWER TO STAY YOUNG, AT LEAST IN SPIRIT, FOREVER. THE SECRET IS TO USE OUR SHORT TIME HERE WELL, TO REMAIN OPEN TO LEARNING NEW THINGS, AND TO SEE EACH DAY FOR WHAT IT IS. CONTINUE TO FEED THE SPIRIT THAT LIVES WITHIN YOUR HEART.

A FRESH START.



AGE IS JUST AN EXPERIENCE OF A NUMBER,
SPIRIT IS THE EXPERIENCE OF A LIFETIME.

PET TALKS

In this Pets Talk section Derring-do Dog and his friends share with you some of the wise things they've learned about courage through time and experience.

By answering the writing prompts on the bottom of each page you, too, will be able to uncover moments of courage in your own life; they attest to how strong you can be. Before you write, place a totem, a memento or a photograph in reach that reminds you about the times you were brave and confident. Glance at the object or touch it from

time to time as you write your thoughts.



PET TALK #1:



A time when I found courage:

TYPE HERE

PET TALK #2:



Study the lives of others who have walked before you and conquered their own fears and doubts to lead useful, heroic lives.

Read biographies.

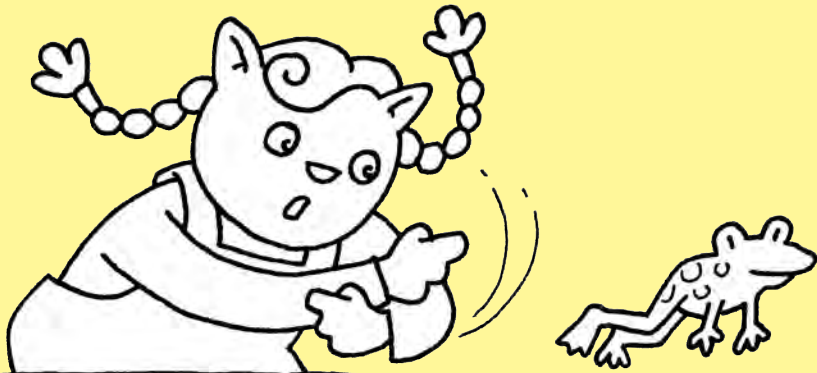
Keep a folder of news clippings about those who have shown courage in their lives and read it from time to time.



**People who inspire me
and encourage me to be braver:**

TYPE HERE

PET TALK #3:



Learn to do honor to yourself.

Acknowledge the times when you showed strong will and determination, when you overcame nagging doubts and worries to go on and perform admirable deeds. Take pride in what you have accomplished.



Here is what I do to keep fear at bay:

TYPE HERE

PET TALK #4:



When you are born you have little control over what befalls you, but as you grow up you begin to acquire many skills and experiences to handle all that comes your way. **You need not feel as overwhelmed by a fear if you remember that you have been brave before, and you will continue to be so again.** It's like riding a bike—you never forget how to, even if you wobble a little at first.

**Here is how I finally learned
to stand on my own two feet:**

TYPE HERE

PET TALK #5:

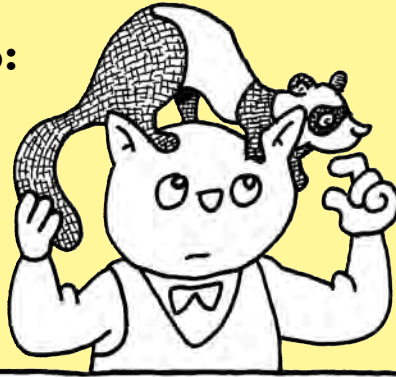


Believe with all your heart that when the time comes for you to be strong, you will manage to find all the courage you need to solve the problem you confront. You have good stuff within you. But, first, you must believe in yourself!

The most courageous act I have ever performed in my life was when:

TYPE HERE

PET TALK #6:



Do not allow everything in life to frighten you. Instead, let everything in life excite and interest you. You must find a way to take joy in your days, too, to balance out the hard things in life. Maybe that requires an act of great imagination on your part, but you must believe it is within your power to find such joy. Cultivate the seeds of joy within you.



Here is how I find and gather my strength to deal with what life brings me:

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PET TALK #7:

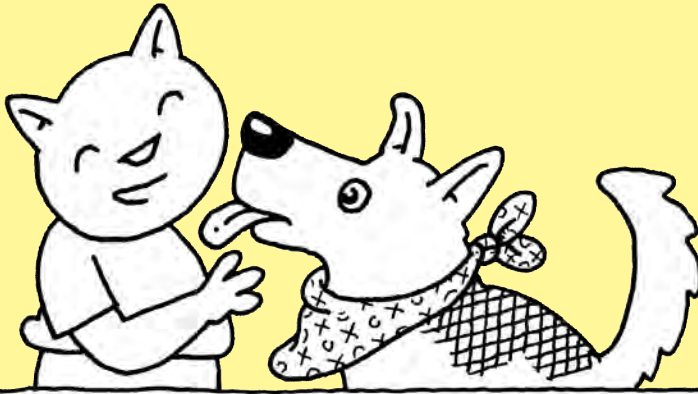


If you insist on having courage, then you will find some. You just need to call up all the good, strong qualities within you. They are there even if they seem hidden by your fears. Just start reaching deep inside you to uncover your strengths. You will find good stuff there.

The bravest thing I have ever done in my life was:

TYPE HERE

PET TALK #8:



Don't feel ashamed by your fears.

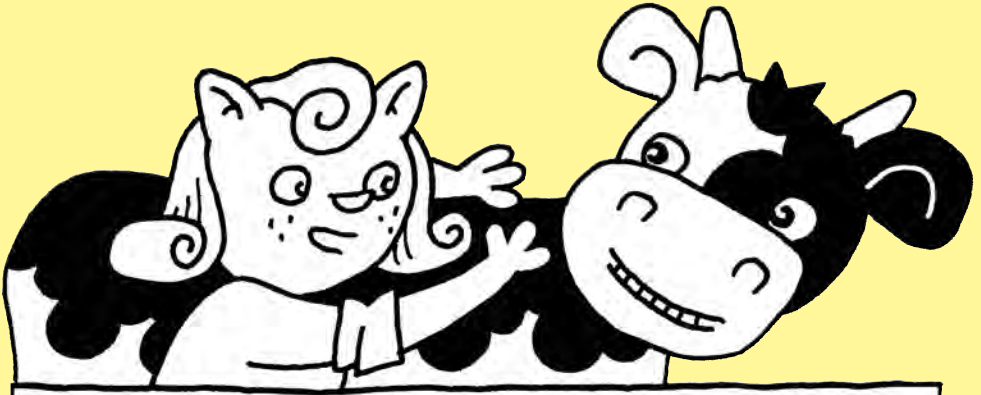
Each of us is born into the world crying. Bow your head to your humanity. Yes, to be alive is also to be afraid in the dark of night. But, to be alive is also to take pleasure in the light of day, in the sun, in the movement of your life over time, in the love you feel for life and for others.



**Someone whom I admire
because of the courage they have shown:**

TYPE HERE

PET TALK #9:



Just as you always find love in you to comfort a child who is crying or a creature who is vulnerable, make every effort to comfort yourself as you confront your doubts and worries.

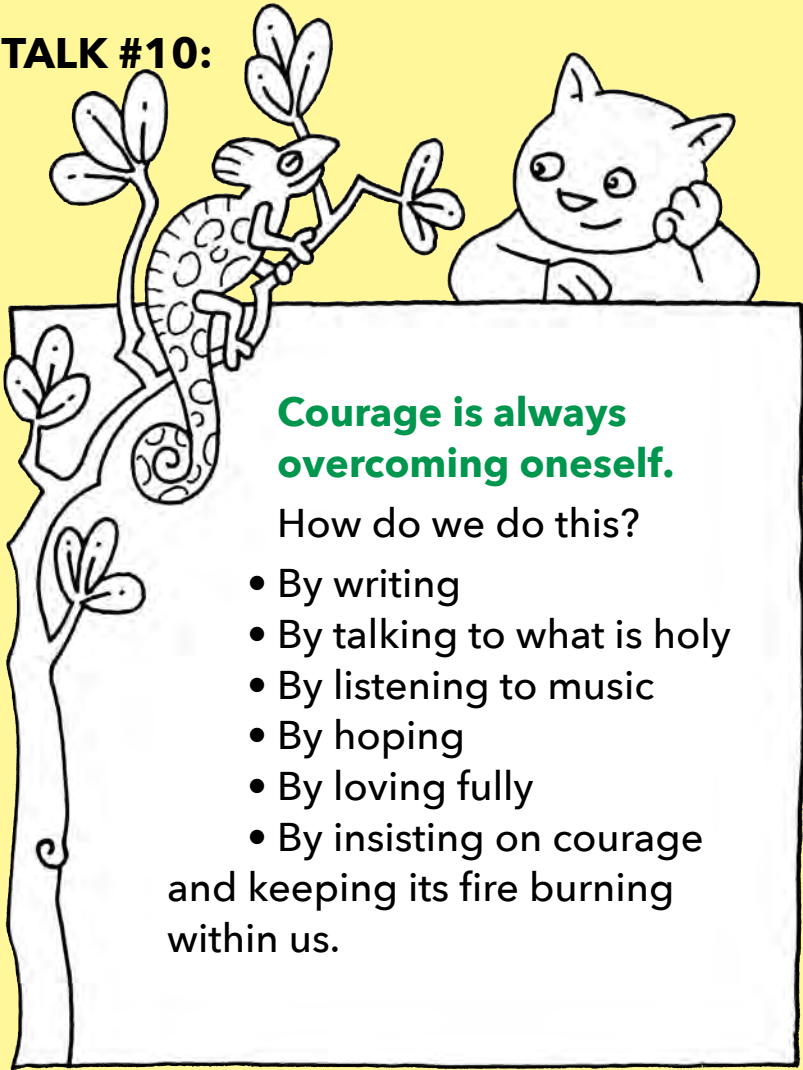
You must learn to be your own best friend, to be your own mother and father, sister and brother. You must find the love in your heart to love yourself back. By doing so, you will be able to help others, too.



**A time when I was lost spiritually or emotionally
and how I found my way:**

TYPE HERE

PET TALK #10:



**Courage is always
overcoming oneself.**

How do we do this?

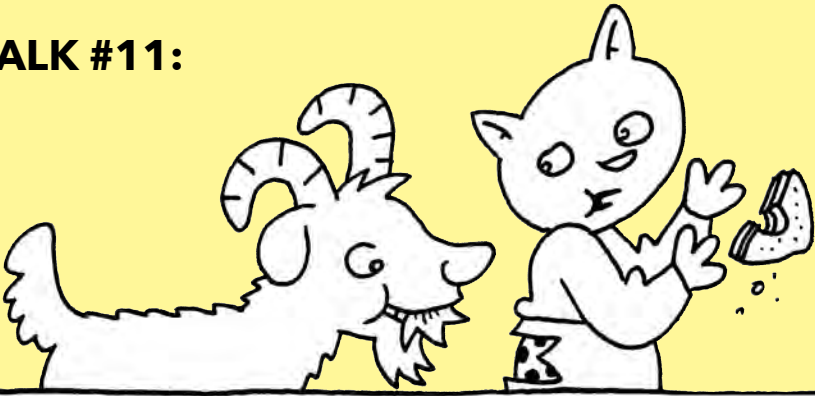
- By writing
- By talking to what is holy
- By listening to music
- By hoping
- By loving fully
- By insisting on courage

and keeping its fire burning
within us.

Music which comforts me:

TYPE HERE

PET TALK #11:



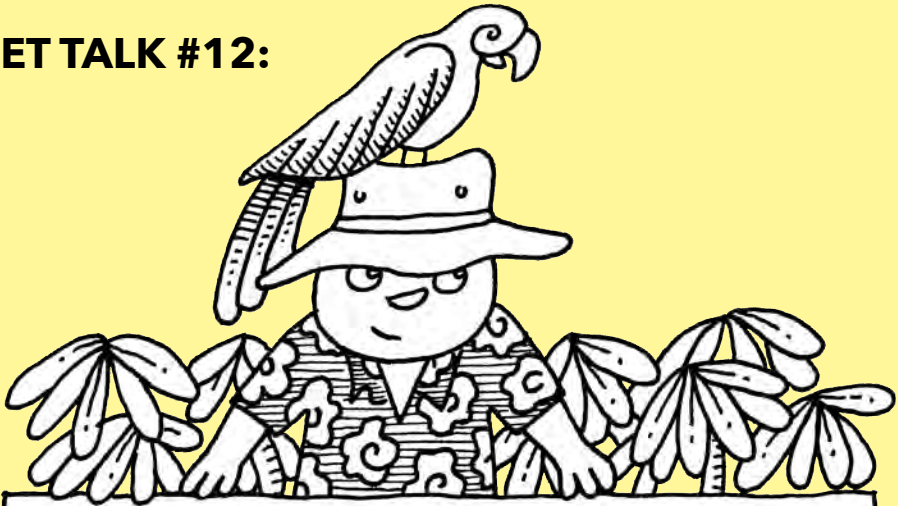
Sometimes when you are frightened, you need to make a special effort to talk yourself "down" from escalating tension to a safer place. That is, you need to take yourself by the hand as you would a little child, catch your breath and tell yourself that you will be all right. By mastering your fear, you master yourself.

Someone once told me to first ask myself whether what it is I am worried about is life threatening. This is like taking a reality check. Most things we fear or worry about are not endangering our lives and can be resolved in time with careful thought. We must try to keep perspective and a cool head.

**Words, poems and books that give me
comfort and courage:**

TYPE HERE

PET TALK #12:



A healer told me that it is important to believe that problems can be overcome and that good things will come to us in life.

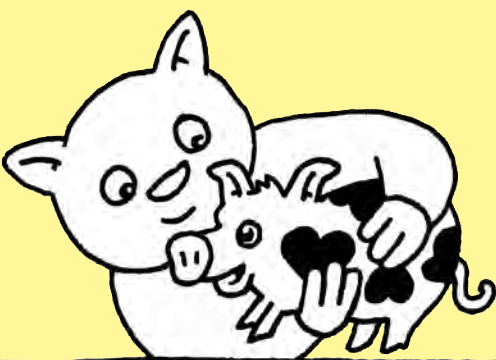
It is not good, he said, to always expect the worst. Rather, it is important to remember that we have been through bad times before and have survived, and that we will do so again. By remembering all the good that has happened before, we honor our experience and build our confidence.



Healers I have known:

TYPE HERE

PET TALK #13:



**Courage means not giving up,
even when you think you want to.**
It can be that simple.



What I would fight against with all my will:

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PET TALK #14:

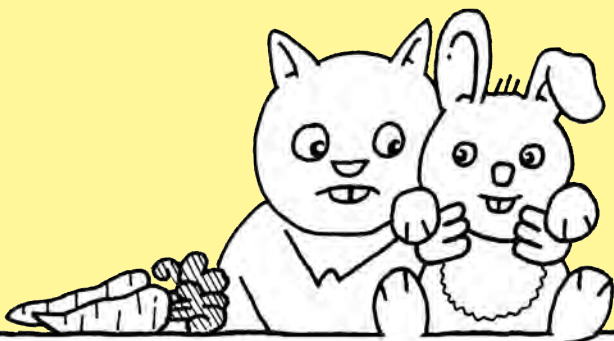


Courage means comforting someone who is ailing even though their illness and pain may frighten you. You must try to find the strength within you and offer what love and comfort you can to someone who needs help.

When I got sick and feared I would never get well again, here is how I got through that period and what I learned:

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PET TALK #15:



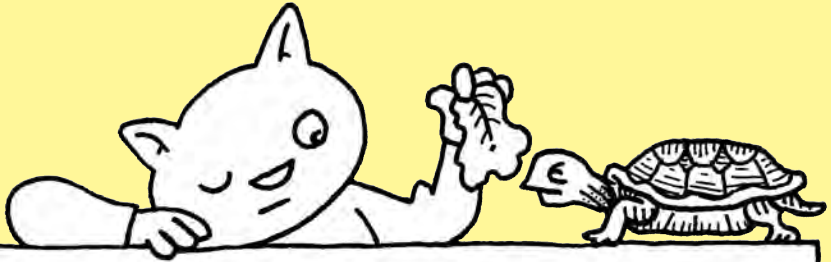
Courage is allowing yourself to be open to new ideas that may differ sharply with everything you have known throughout your life. This makes you wiser and your life so much richer.



Animals who comfort me:

TYPE HERE

PET TALK #16:



Courage means confronting yourself, yes, even seeing the weakness in you, but still being able to find some love in your heart for the struggling creature you are.

You would do this for a child, wouldn't you?
So you must do this for yourself.

Whom I would protect with my life:

TYPE HERE

PET TALK #17:

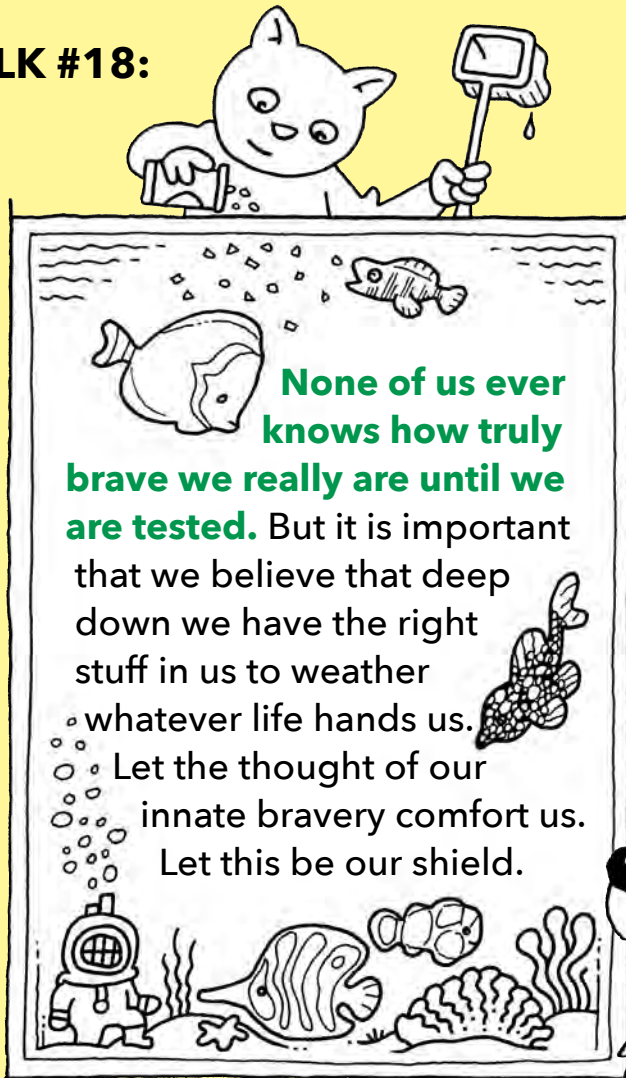


Courage is insisting on a happy ending, rather than allowing your fear and pain to swamp and overcome you. Why not insist on a beautiful sunset? What’s so bad about that?

Places of comfort:

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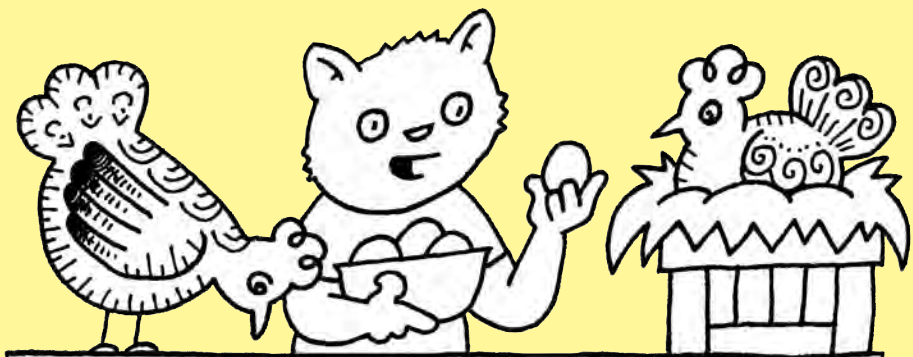
PET TALK #18:



Moment(s) of courage:

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PET TALK #19:



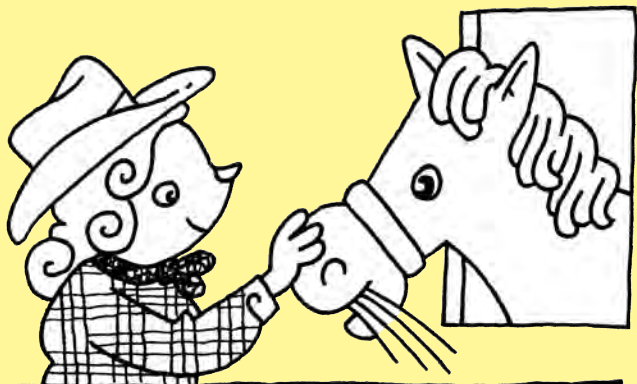
**Work to gather information about
your fears to understand them better.**

With information you gain more power
over that which frightens you.

Favorite healing words:

TYPE HERE

PET TALK #20:



How to overcome fear? Talk to a friend. Focus on your strengths rather than fears. Insist on bravery!

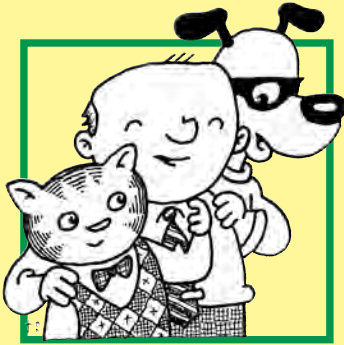


People who comfort me:

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THE END
(Or, is it The Beginning?)



About Bill Zimmerman

Bill Zimmerman, creator of *Fraidy Cats' Book of Courage*, believes with all his heart in the power of the imagination to transform one's world. As a young boy, coping with a troubled family life, he would read on the steps

of his apartment house's concrete backyard in Brooklyn, New York, and enter new worlds through the lives of the books' characters and their adventures. He found these strange worlds less frightening and more rewarding than his own. He found comfort in reading about heroes.

Later, Bill became a book author and journalist. For many years he was a senior editor at Newsday newspaper where he created a nationally syndicated page to teach readers about current events. That page was twice nominated for a Pulitzer Prize. Bill has written more than two dozen books to help people find their writers' voices and express their thoughts and feelings.

His work has also been featured on The Today Show, the PBS acclaimed Ancestors Series, The New York Times, Fox Friends, The Washington Post, The Wall Street Journal, USA Today, and such magazines as Family Circle Magazine, Esquire, Business Week, and Essence.

His two web sites are: <http://www.billztreasurechest.com> and <http://www.makebeliefscomix.com>. The latter site helps viewers create their own comic strips and and tell stories. It is used by educators in more than 180 countries to teach English and literacy.



About the Illustrator

Tom Bloom is an artist who has brought joy to the world with his cartoons and illustrations which have appeared in publications, such as The New York Times, The New Yorker, Fortune and Barron's. He has collaborated with Bill on many other books.

Share With Us

Dear Reader,

Please share with us any thoughts you might have in reading and using *Fraidy Cats' Book of Courage*. We'd like to hear how you have dealt with your own fears and learn about the moments when you were brave. Your comments, suggestions, and questions to make this book even more useful are very welcome. If you send us ideas for possible use in future editions of this book, please also give us written permission to use them. We will send you a free copy of one of Bill Zimmerman's books if an idea is used. Thank you.

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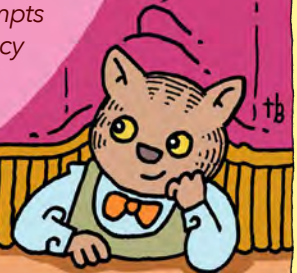
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And please share our work with your friends, family members and colleagues. Thank you.

Fraidy Cat's Books of Courage is part of a series of free interactive digital journals published by MakeBeliefsComix.com. They are part of our mission to help people of all ages discover their writers' voices and express their deepest thoughts through writing.

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- **Pep Talks for When You Need Them**
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