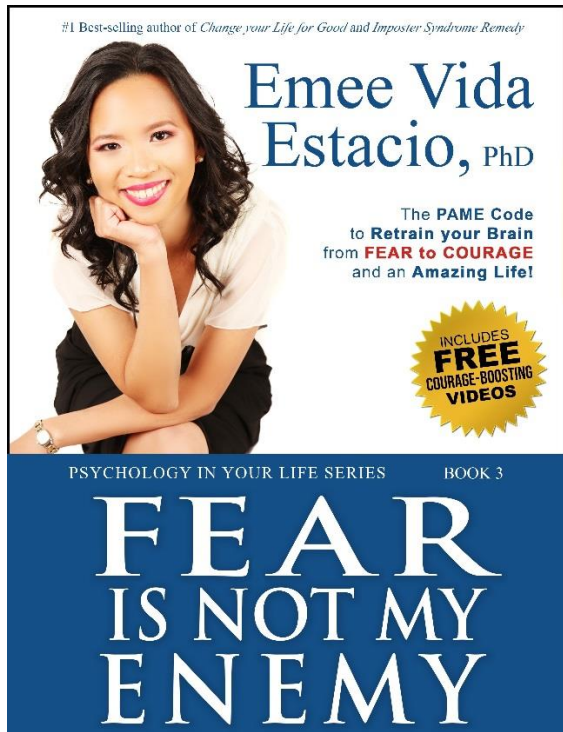


FEAR IS NOT MY ENEMY AUDIOBOOK SHOWNOTES



Thank you for purchasing the audio version of *Fear Is Not My Enemy: The PAME Code to Retrain your Brain from Fear to Courage and an Amazing Life!*

I know what it is like to listen to audio content.

You hear an important link but cannot immediately write it down.

So, I have put together these show notes of every link mentioned in this book.

If you'd like a print or Kindle version of this book, you can get a copy from Amazon: www.thepamecode.com/book-store/

Free bonus videos

As a **special gift** to my listeners, you get **FREE** access to these inspiring interviews with top-notch mentors from the **PAME Code Facebook Group**.



Click here to watch the videos for FREE via the **PAME Code Facebook Group**: <https://tinyurl.com/pamefb>

OR click here to watch the videos via **YouTube**:
<http://thepamecode.com/courage-bonus/>

Preface

If you get stuck, you may also get some support from the [PAME Code Facebook group](https://www.facebook.com/groups/168080700451510/). <https://www.facebook.com/groups/168080700451510/>

This group is a warm and friendly community of individuals who have read my books. We share useful tips and strategies to apply the PAME Code principles in our daily lives. We motivate each other to reach our goals and offer support when needed. There are also free videos in the group, including the Season of Courage LIVE interviews.

These are 15-minute interviews with the best mentors in the group where they talk about relevant topics such as finding the courage post-divorce, overcoming addiction, building business resilience, and so much more.

If you are not on Facebook, don't worry. You can also access these videos for FREE by signing up to our mailing list. Simply click [here](http://thepamecode.com/courage-bonus/) for details.
<http://thepamecode.com/courage-bonus/>

Chapter 1



Figure 1. The Psychobiology of Fear

Chapter 2



Figure 2. The Inner Critic

Chapter 3



Figure 3. Fear Rejects Opportunity

Chapter 4



Figure 4. Types of Abuse

Domestic violence helplines

For US readers:

- **If you are in immediate danger, call 911.**
- For support and advice, you may contact the 24-hour, national, toll-free telephone hotline: 1-800-799-SAFE (7233) or 1-800-787-3224 or (206) 518-9361 (video phone only for deaf callers)
- The **Hotline** provides service referrals to agencies in all 50 states, Puerto Rico, Guam, and the U.S. Virgin Islands. Services are provided without regard to race, color, national origin, religion, gender, age, or disability (including deaf and hard of hearing). Assistance is available in English and Spanish with access to more than 170 languages through telephonic interpreter services.

For UK readers:

- **If you are in immediate danger, call 999.**
- For support and advice, you may contact the 24-hour, **national domestic violence**, freephone helpline for women and children

experiencing domestic violence, their family, friends, colleagues and others calling on their behalf: 0808 2000 247

- For support and advice for men, you may contact the **ManKind UK** helpline: 01823 334244

Chapter 5



Figure 5. The Burden of Pain and Anger

Chapter 6



Figure 6. *“Don’t be afraid, you beautiful mess.”*

During a LIVE interview in the [PAME Code Facebook Group](https://www.facebook.com/groups/168080700451510/), award-winning speaker, Winston Ben Clements said, “*your limitations do not define who you are.*”

<https://www.facebook.com/groups/168080700451510/>



Figure 7. LIVE interview at the PAME Code Facebook Group with Winston Ben Clements and Emee Vida Estacio

<https://youtu.be/uKyHtrDNcS8>

FREE Helplines to call when you’re feeling down or desperate

For US readers

- **Suicide Prevention Lifeline** (Call 1-800-273-TALK)
- **Trevor HelpLine/ Suicide Prevention for LGBTQ+ Teens** (Call 1-866-488-7386)
- **Crisis Text Line** (Text HOME to 741741)
- **Gay and Lesbian National Hotline** (Call 1-888-THE-GLNH) (1-888-843-4564)
- **IMAlive** (Visit <https://www.imalive.org>) online crisis chat
- **National Runaway Safeline** (Call 1-800-RUNAWAY) (chat available on the website)

- **Teenline** (Call 310-855-4673 or text TEEN to 839863) (teens helping teens)

If you have seriously harmed yourself, call 911 immediately or go to the nearest emergency room. You can also call:

- 1-800-273-TALK (8255) to reach a 24-hour crisis center; or
- Text MHA to 741741

For UK readers

- **Samaritans** – for everyone (Call 116 123) available 24 hours a day
- **Campaign Against Living Miserably (CALM)** – for men (Call 0800 58 58 58) available from 5pm to midnight every day
- **Papyrus** – for people under 35 (Call 0800 068 41 41 or text 07786 209697) available from Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm
- **Childline** – for children and young people under 19 (Call 0800 1111 – the number won't show up on your phone bill) available 24 hours a day
- **The Silver Line** – for older people (Call 0800 4 70 80 90) available 24 hours a day

If you have seriously harmed yourself, call 999 for an ambulance or go straight to A&E. Or you can ask someone else to call 999 or take you to A&E.



About the Author

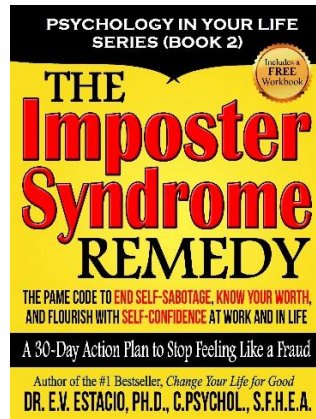
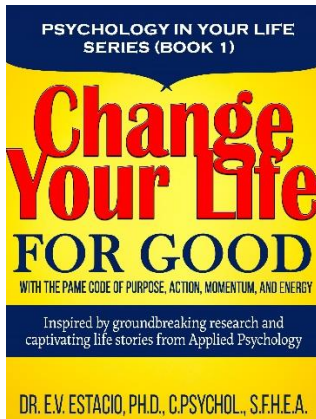
Emee is a #1 best-selling author, speaker, life and leadership coach, and founder of The PAME Code. She is a chartered psychologist who helps people embrace their true worth, so they can live happy and fulfilling lives.

She completed her BA psychology (magna cum laude) from the University of the Philippines and her MSc and PhD in Health, Community, and Social Psychology at City University London. She sits on the editorial board of several psychology journals and is an avid supporter of organizations that promote literacy, human rights, and social justice.

She is passionate about living a purposeful life and is keen to help others to do the same through her books, speaking engagements, and coaching practice.

For more information, visit
www.thepamecode.com

Other books in the series



- **Book 1:** *Change your Life for Good*. Available on print, kindle and audiobook versions on Amazon, Audible, and iTunes. Click [here](http://thepamecode.com/changeyourlife/) for more details. <http://thepamecode.com/changeyourlife/>
- **Book 2:** *The Imposter Syndrome Remedy*. Available on print, kindle and audiobook versions on Amazon, Audible, and iTunes. Click [here](http://thepamecode.com/imposter-syndrome/) for more details. <http://thepamecode.com/imposter-syndrome/>

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I would truly appreciate your support by leaving an honest review and recommending it to a friend.

