



# Overcoming Fear: Challenging Our Greatest Disability

*Costa Ndayisabye*

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## **Overcoming Fear: Challenging Our Greatest Disability** Costa Ndayisabye

When Costa Ndayisabye, author of *The Work that Brings Peace in Me*, first met Tim Stoklosa, he knew Tim was someone special. It was Tim's peaceful way of living with Duchenne Muscular Dystrophy that got Costa's attention, and a special bond developed between them that led to the writing of this book. Tim is a living example of how we can cultivate peace by letting go of fear. When we are fearful, we become "careless," and we create that "don't care" spirit in our minds and then fearfully project that to the outside. When we do not care for each other, we do not care for ourselves. Caring takes moving past the fear, to understand the potential value and goodness of all human beings, and to seek caring ways of solving human problems. Not caring is a reaction to the confusion that emanates from a mind full of FEAR. From Costa Ndayisabye, author of *The Work that Brings Peace in Me*. Our hope is that Tim's story awakens us to a larger understanding, and to discover as Tim and Costa have discovered, the power of peacefully Living the Present.

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