



# Don't Be Afraid to Travel: Burden of Comfort

*Rene'e L Ellis M.Ed*

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## **Don't Be Afraid to Travel: Burden of Comfort** Rene'e L Ellis M.Ed

This book examines the one common denominator that causes us to resist any kind of change F-E-A-R! Fear triggers, can affect the physical, spiritual, and mental flight or fight response to a situation or circumstances. This book will inspire and empower you. Don't let comfortable situations become a burden to your spiritual growth.

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