



Not Afraid: On Fear, Heartbreak, Raising a Baby Girl, and Cage Fighting

Daniele Bolelli

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This book is a meditation on facing fear, heartbreak, and mortality. In his own irreverent and inimitable style, Daniele Bolelli tells the story of his courtship and marriage, which would have been a sweet story had not all hell broken loose. Or as he puts it, “Hell was a ninja who entered my house without being seen. It all began in such an unremarkable way that it barely registered as anything meaningful. Little did I know that the experiences of the next five months would rip me apart and kill me. They would re-forged me into a different man. On that day, I became an unwilling traveler on a journey through the heart of fear. Every step along the way has forced me to face my fears time and time again.”

It is the story of a man who in rapid succession has his wife die in his arms, loses his house and his job, and is left to care for his 19-month old daughter. Oddly enough, the best tools for coping with all of this were those he learned in more than two decades of martial arts practice. *Not Afraid* tackles this extremely heavy subject matter in a light-hearted style and with an attitude that acknowledges pain and suffering but denies them dominion over one's life.

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