

# OVERCOMING THE FEAR OF FEAR: HOW TO REDUCE ANXIETY SENSITIVITY

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The focus at Uoharu is on robatayaki, whereby diners pick from a quality array of seafood and vegetables laid out before them, which the chef cooks over an open grill. As we'll discuss in our model in the next chapter, these other inputs have a far less intense, or immediate, impact than the direct inputs - playing and studying.

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