

# Turning fear into faith

BY BARBARA ROUTEN  
Special Correspondent

BRANDON — In her 12th book, "Fear, Faith and a Fistful of Chocolate: Wit and Wisdom for Sidestepping Life's Worries," Debora M. Coty shares down-home wit and practical tools for confronting and disabling women's fears.



Coty

Without such tools, "Many of us resort to a generous dosage of (chocolate), the silky thread that knits feminine hearts together in a sort of underground sisterhood when fears ruthlessly assault us and we feel we have no control over anything in our lives except

this fistful of Godiva," said Coty.

Coty surveyed 500 women from 18 to 80 years old. Top fears included failure, dependency on others, loss of a loved one, death, gaining weight, debilitating illness, aging and being judged unfairly.

"Despite my humor-laced approach, I take fear very seriously," said Coty. She does not "trivialize or downplay the destructive force fear often has in our lives. Fear coils its tentacles around our hearts and slowly squeezes the life out right out of us. It's real. It's relentless. It's powerful.

"But the hope-filled news is there's something even more powerful. Someone, actually, who can break the hold fear has over us. Someone who offers us freedom. Joy. De-

liverance," she said.

"Facing our fears is empowering," said Coty, whereas, "tolerating our fear monsters only makes 'em growl louder."

Through light-heartedness, as well as a mixture of religious scripture and true-life stories, she shows ways to live life based more on faith than fear.

"Fear, Faith, and a Fistful of Chocolate" will be released Friday. A launch party will be held at LifeWay, 169 Brandon Town Center Drive, from 11 a.m. to 2 p.m. Feb. 9, which is open to the public. Books will be discounted that day, and Coty will give away prizes and chocolate.

To learn more, visit [www.deboracoty.com](http://www.deboracoty.com).

Contact Barbara Routen at [Neighbors@tampabay.rr.com](mailto:Neighbors@tampabay.rr.com).