



Courage and Fear: A Primer

Wesley L. Fox

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“I have only two men out of my company and twenty out of some other company. We need support, but it is almost suicide to try to get it here as we are swept by machine gun fire and a constant barrage is on us. I have no one on my left and only a few on my right. I will hold.” First Lt. Clifton B. Cates’s report on July 19, 1918, reminds us that controlling one’s fear is key to success on the battlefield. Cates—a future commandant of the Marine Corps—held, but if his fear had bested him, he might not have been able to think clearly or lead his men successfully, possibly sacrificing his men’s lives and the mission.

Medal of Honor recipient and retired Marine colonel Wesley L. Fox writes about his fears in difficult operational and training situations, their effect on him, and how he handled particular fears. While he focuses primarily on military experiences, Fox’s methods of handling the thoughts, actions, and reactions to fear apply to civilian circumstances as well. Fear can bombard us in our daily routine, sometimes in unexpected ways. The more we know about ourselves and how fear affects us, the better able we are to control it and to produce positive results. “If fear is not handled properly and promptly,” Fox writes, “it can and will override common sense, good judgment, and the positive decision-making process.”

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Laura Grier:

Spent a free time to be fun activity to perform! A lot of people spent their leisure time with their family, or their very own friends. Usually they undertaking activity like watching television, planning to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could possibly be reading a book might be option to fill your free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to test look for book, may be the e-book untitled Courage and Fear: A Primer can be great book to read. May be it might be best activity to you.

Clarence Jenkins:

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