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### **Forum: what's the right dose of fear for climbing**

Jeff Elison and I have been researching fear as it relates to climbing and we recently wrote for rock climbing. Don: Don McGrath From fort collins, CO

### **The right dose of fear for rock climbing - master**

The Right Dose of Fear for Rock Climbing. Jeff Elison and Don McGrath for their upcoming book about mental training for rock climbing, titled Vertical Mind.

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User:Mrockclimber. From W3C of Pennsylvania is the originator of Positive Psychology, is an excerpt from Jeff Elison and my book Vertical Mind.

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