

# What Would You Do (for Love) If You Had No Fear? By Diane Conway

The logo for Maui Weekly, featuring the word "Maui" in a small red font above the word "Weekly" in a larger, bold, black font.

*Joseph W. Bean*

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Here's a playful and easily understood take on the idea of owning your existence and living an enjoyable and satisfying life.

Diane Conway's credentials for writing an operating manual for human life are more Oprah Winfrey than Dr. Phil. She is more motivational speaker than doctor, more self-identified role model than hands-on guide. As Dr. Phil would surely ask, "How's that working for you?" Conway can definitely answer, "Very well, thank you." All indicators are that her simple, if challenging, instruction will work as well for anyone who takes them to heart as they do for her.

We're looking at two books here: *What Would You Do If You Had No Fear?* and *What Would You Do for Love If You Had No Fear?* Let's take them in that order, as Conway did.

*What Would You Do If You Had No Fear?* is the author's message in what could be called a finished form. Before you even read the first page, try to answer the question in the title. For a lot of us on Maui, there was once a time when we'd have answered, "If I had no fear, I'd move to Maui now." Got your answer? Now, read. You'll see, right up front, the answers of some other people. Were you bold enough in your answer? That means, did you really take Conway seriously about acting as if you had no fear at all?

Quotes from all kinds of people are scattered in the book, and some of them will really help you "get" what Conway is putting out there. On the page before Chapter One, Jane Wagner, quoted from *The Search for Intelligent Life in the Universe*, "All my life I've always wanted to be somebody. But I see now I should have been more specific."

Chapters here are tiny. You can pick up the book and gobble one up in a matter of minutes, then let yourself think about it till you have time to look at another. The title makes some of the content obvious. Conway shows us how specific things we might fear hold us back. Think about how fear of heartbreak limits your life. What about fear of rejection? Looking bad? Or, what-ifs?

That's all good, but I was especially inspired by a little chapter called "Permission Slips." We're reminded that when we were children, we had to have permission slips to go on field trips and hall passes to leave the classroom. The legacy of that thinking is a whole complex of—well, maybe, fears that hold us back.

*What Would You Do for Love If You Had No Fear?* is not quite the follow-up book you'd expect, nor is it quite what the title would seem to suggest. The book does sort of trend toward love and relationships, but it also reiterates the general principles pretty completely as well.

Does that mean you should read only "for Love," and skip the original book? Not at all. Think of the overlap as reinforcement, not repetition. In fact, some of the elements of Conway's idea are

actually understood better with more examples, and you get good examples in both books. In “for Love,” for instance, one example from a workshop Conway has been doing for many years inspires her to write this concise explanation of the Whole Big Idea.

“Answering this question really brings to the forefront the participants’ deepest desires. [...] The amazing thing... is that many times when a person declares her dream, it’s as if the group can see that what she’s wanted is perfect for her.”

As 21st century self-help books go, Conway’s two little books are real gems. No one could read them and not be helped, entertained and inspired.

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