



Fear vs. Courage

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“Courage is resistance of fear, mastery of fear, not absence of fear” -Mark Twain

Fear can take hold of us and make us think our dreams are unattainable. Fear can stop us in our tracks before we even get going. When we are afraid of failing we are afraid of something that hasn't even happened. Fear and anxiety are natural emotions we experience when faced with obstacles; however, successful individuals are those who experience fear and do whatever they're scared of anyways.

One of my heroes, swimming superstar, Dara Torres, is an individual with the courage to face her fears and do it anyways. Torres, who competed in her fifth Olympic games this past August, defied the laws of retirement when she raced for gold in the 50 meter freestyle at the age of 41. Prior to the Beijing Olympics, Torres had never won an individual gold medal and rather than think she was too old to try for her dream once more, this champion put it all on the line. In the finals of the 50 meter freestyle, Torres was out touched by one one-hundredth of a second and took home the silver medal while setting an American record in the event.

Although I have watched countless American swimmers take home individual golds, many of their faces remain nameless and their races forgotten. Torres, on the other hand, may not be able to claim an individual gold medal as her own; however, she exudes courage and passion and serves as an inspiration to us all. She will be remembered not for the color of the medal around her neck but for her courage to resist and master fear. We could all use a little more Torres in us!