

# GOLDEN *Years* *Hidden Fears*



Dr M. Ramani Balu

Dr. Mamatha. J



# Golden Years - Hidden Fears



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# Golden Years - Hidden Fears

*Authored By:*

**Dr M. Ramani Balu**

Founder and Chairperson, Lumiere  
Assistant Professor  
Department of Humanities  
(Psychology)  
Presidency College  
Bangalore, 560024

**Dr. Mamatha. J**

Assistant Professor  
Department of Psychology  
PG Studies  
NMKRV College For Women  
Bangalore 560011

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## **Preface**

Life is a journey filled with countless experiences—joy, growth, learning, and thrilling adventures. From the innocent curiosity of childhood to the reflective wisdom of old age, each stage brings its own unique challenges and milestones. While we celebrate the joy of growing physically and mentally, achieving success, and creating beautiful memories, there is an often-overlooked reality that shadows this journey—hidden fears.

From the earliest moments of life, we carry fears that subtly shape our thoughts, decisions, and actions. These fears evolve as we grow, manifesting in different forms at every stage of life—be it the fear of failure, rejection, loneliness, or loss. They remain tucked away in the corners of our minds, often unspoken but undeniably powerful. Many of us face these fears in silence, feeling weighed down by their presence and struggling to give them the attention they deserve.

This book, *Golden Years, Hidden Fears*, seeks to illuminate the hidden fears that accompany us through life. It explores how these fears emerge, evolve, and impact us from childhood to old age. While fears may bring moments of sadness and challenge, they also offer opportunities for self-reflection, resilience, and growth. By understanding and addressing these fears, we can transform them into stepping stones toward a more fulfilling life.

Through this book, I invite you to reflect on the fears you've encountered in your own journey, understand their roots, and discover ways to navigate them. May it serve as a gentle reminder that while fears are a natural part of life, so too are strength, courage, and the joy of overcoming them.

**Dr M. Ramani Balu**

**Dr. Mamatha. J**

## **Acknowledgment**

We, the authors, are deeply grateful to all the people who have contributed to the creation of this book. Our heartfelt thanks goes to our friends, relatives, and well-wishers whose support, encouragement, and insights have been valuable during the writing process. We are especially thankful to the elderly individuals we met along the way, whose wisdom, experiences, and perspectives have enriched this work. And also to all the parents, friends and well wishers who immensely contributed in the making of the book.

We would also like to extend our profound gratitude to our parents, Shri B G MOHAN and Smt N V RUKMINI and Shri JEJI MUNEYYA and Smt ANANDHI whose persistent love, guidance, and sacrifices have shaped us into who we are today. We immensely thank our soulmates, Mr B.V. BALU PRASANNA KUMAR and Dr BHASKARAN.J for your endless support, understanding, and belief in us throughout this journey. Our beloved children, RITHESH BALU, PRIYANKA BALU, B.VIGNESH and B.VISHAL have been a constant source of joy and inspiration and most importantly their cooperation has made the dream of penning this book come true.

A special mention goes to our institutions NMKRV College for Women and Presidency College. Our blessings to our students, who are the light of our Profession. Their curiosity, dedication, and thirst for knowledge motivate us to continue growing and learning. We are equally thankful to our colleagues, whose collaboration and shared passion for our work have made this endeavor even more meaningful.

Lastly and most importantly, we express our heartfelt thanks to the editorial team for their meticulous attention to detail, dedication, and expertise in bringing this book to life. Without their hard work and commitment, this book would not have reached its full potential.

**Dr M. Ramani Balu**

**Dr. Mamatha. J**

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## ABOUT THE AUTHORS



### **Dr M. Ramani Balu**

Founder and Chairperson, Lumiere  
Assistant Professor  
Department of Humanities (Psychology)  
Presidency College  
Bangalore, 560024



### **Dr. Mamatha. J**

Assistant Professor  
Department of Psychology, PG Studies  
NMKRV College For Women  
Bangalore 560011

This is our first book, and it serves as a foundational guide designed to cater to individuals across all age groups and categories. Through this humble endeavor, we aim to provide valuable insights and information that will resonate with and benefit our readers. We sincerely hope that our efforts will prove to be a source of knowledge and support for those who explore its pages.



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