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Dear Thomas J. Dygard,

Anyone can overcome fear and that is true but you have to be brave to do so. In your book *Running Scared* Luke has to overcome the fear of being hit just like I had to in my first year in football. You have to put trust in your pads and it is hard to do that because you have never worn them or used them. When I figured out that the pads worked and that I had trust in them, it was easy to let people hit me.

In my first season of football I was afraid of being hit. Then I realized that it didn't hurt at all, so I began to like football and now it is my favorite sport. I learned that I had to be brave and I had to have courage to overcome all fears.

When I was the center I would look up and see other players a lot bigger than me. Sometimes it was scary. I would think to myself and imagine that I'm bigger and stronger than them to overcome that fear. Luke had to do the same to overcome the fear of being hit.

The book *Running Scared* has given me wings and helped me overcome many of my fears. When I have to overcome my fears in the future I'm going to think back to your book *Running Scared*. Like Luke I'll try to overcome my fear by letting my fear come to me then I'll deal with it. Thanks for your words.

Sincerely,

Tyler Ashby

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