

Chernobyl, Neuroscience and Anxiety: Vadim Dekhtyar's 'Conquering Fear' Explores What Controls Us

Drawing on his Chernobyl experience and clinical background, Vadim Dekhtyar explores how understanding fear may help people regain control.

GLENVIEW, IL, UNITED STATES, August 31, 2026 /EINPresswire.com/ -- Fear is designed to protect us. But what happens when it begins controlling the way we work, sleep, communicate, make decisions and imagine the future?

That question sits at the center of "[Conquering Fear: The Path of Inner Strength](#)", a book by physician-trained practitioner, clinician and educator [Vadim Dekhtyar, DACM](#), which is receiving renewed attention as anxiety, chronic stress and emotional overload continue to shape modern life.

Far from a conventional self-help book, "Conquering Fear" brings together neuroscience, psychology, clinical experience and Dekhtyar's own extraordinary personal history, including his service as a military medic in the aftermath of the Chernobyl nuclear disaster.

In December 1986, Dekhtyar was stationed near Chernobyl as part of a unit guarding the contaminated exclusion zone. At the time, he writes, he did not yet feel afraid. The fear came years later, as he learned more about the possible long-term effects of radiation exposure and began experiencing the psychological weight of what he had lived through. That experience ultimately became part of the reason he wrote the book.

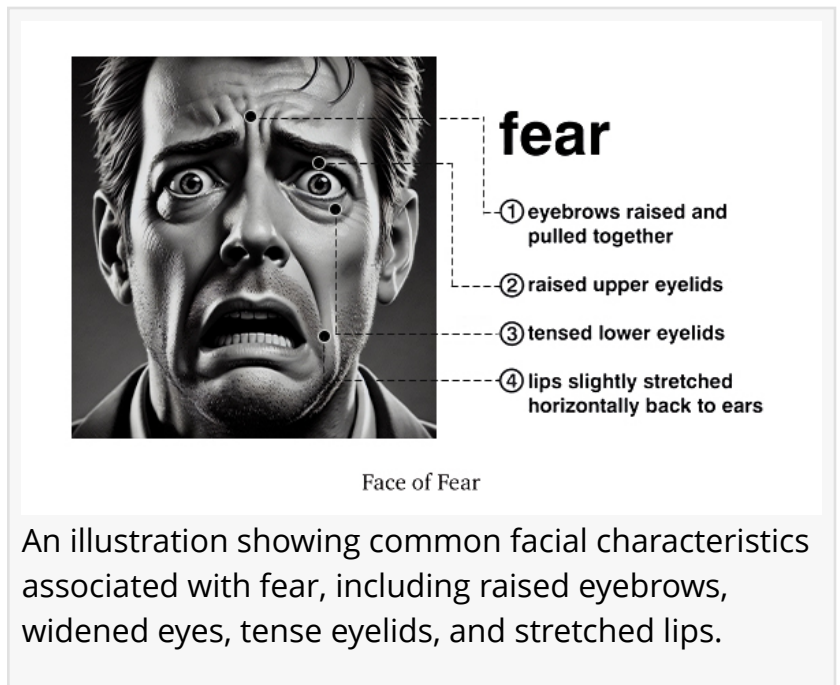
It gives "Conquering Fear" an unusual starting point: not a theoretical discussion of courage, but the perspective of a clinician who has experienced fear personally, studied it scientifically and worked with it professionally.



Vadim Dekhtyar, DACM, author of "Conquering Fear: The Path of Inner Strength," explores how fear, anxiety and emotional patterns can shape everyday life.

“The main trends of the 21st century are internal restlessness, anxiety, and the expectation of a catastrophe. That is, fear,” Dekhtyar writes. That observation may be even more relevant today than when the book was first released.

The book examines not only obvious fears such as phobias and panic attacks, but also the quieter fears people may barely recognize: fear of failure, financial uncertainty, difficult conversations, being misunderstood, losing control, reliving the past and worrying continually about the future. Dekhtyar argues that these everyday forms of fear can quietly restrict a person’s freedom long before they are recognized as a problem.



“

You can have either your goals or your fears - the choice is yours.”

Dr. Vadim Dekhtyar, DACM

Rather than portraying fear simply as an enemy to eliminate, “Conquering Fear” asks readers to understand what fear is communicating.

The book combines scientific theory with practical methods, covering brain research, neuroplasticity, internal dialogue, belief systems, reframing, panic attacks, hypnosis, NLP, Traditional Chinese Medicine, PTSD,

childhood fears, mass fear and the pursuit of happiness.

Dekhtyar draws on more than 15 years of teaching neuroscience, along with clinical experience in psychotherapy, hypnotherapy and NLP. His professional path has also included rehabilitation medicine and acupuncture, contributing to the book’s broader examination of the relationship between the brain, body, emotions and behavior.

One of the book’s central ideas is deceptively simple: fear itself is not always the problem. Fear is information. The greater danger may come from ignoring it, allowing it to dictate behavior, or never learning how to interpret the message behind it.

Dekhtyar challenges readers to move from feeling that “life happens” to them toward becoming active participants in their own emotional responses and decisions. Near the conclusion, he distills the process into a shift toward understanding fear, creating an action plan and changing one’s mindset.

That approach makes “Conquering Fear” particularly timely in an era defined by uncertainty,

information overload, economic pressure, global instability and a growing public conversation about anxiety and mental well-being.

Dekhtyar also continues this conversation beyond the book through his [Instagram account](#), @drvadimdekhtyar, where he shares daily practical tips on conquering fear, reducing stress and anxiety, improving emotional well-being, and developing healthier ways to respond to everyday challenges.

“Conquering Fear: The Path of Inner Strength” is not built around a promise that people can become fearless. Instead, it explores a more provocative idea: that understanding fear may be one of the keys to reclaiming control over our lives.

For media outlets, podcasts and journalists covering mental health, neuroscience, personal resilience, stress, trauma, alternative approaches to well-being or remarkable personal stories, Vadim Dekhtyar is available for interviews and expert commentary.

About Vadim Dekhtyar

Vadim Dekhtyar, DACM, is a physician-trained practitioner, educator and author whose career has included rehabilitation medicine, psychotherapy, hypnotherapy, NLP, acupuncture and neuroscience education. His interest in fear is both professional and deeply personal, shaped in part by his experience serving as a military medic near the Chernobyl nuclear disaster.

About the Book

“Conquering Fear: The Path of Inner Strength” explores why humans experience fear, how fear influences the brain and behavior, and how individuals can develop greater awareness and control over their emotional responses. The book progresses from scientific theories to practical tools and examines different manifestations of fear, including panic, trauma, childhood fears and anxiety.

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The graphic is a vertical rectangular poster with a light blue and white background. On the right side is a portrait of Dr. Vadim Dekhtyar, a middle-aged man with grey hair, wearing a white shirt, a red patterned tie, and a dark blue vest. He is looking directly at the camera with a slight smile. On the left side, there is text and icons. At the top left is the Instagram logo. Below it is a heart icon. The main text reads "Follow Dr. Vadim Dekhtyar on Instagram" in a mix of black and blue fonts. Below this, in smaller text, it says "Everyday practical tips, simple how-to advice, and guidance for stress, sleep, energy, and emotional balance." At the bottom left is a dark blue rounded rectangle containing the Instagram logo and the handle "@drvadimdekhtyar". There are also some faint decorative elements like a plus sign and a heart icon on the right side.

Follow Dr. Vadim Dekhtyar on Instagram for practical everyday tips on stress, sleep, energy, emotional balance, and overall well-being.

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