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Coping with Phobias

By Kevin Gournay

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coping with Phobias, Kevin Gournay, For many people, life is made intolerable by phobias. Common fears may range from crowded places or fear of heights to a fear of vomiting or of spiders, while more unusual terrors include bees, icebergs and even the weather. Whatever your fear, the underlying mechanism is the same - acute anxiety which is often linked with panic. The good news is that there is a great deal you can do to get your life back under control, and self-help may be even more valuable than professional help. This book looks at how to tackle specific phobias, anxiety and panic, and presents a tried and tested programme for change. Topics include; different kinds of phobias, including simple phobia, social anxiety and agoraphobia, post-traumatic stress disorder, obsessive-compulsive disorder (OCD) and body dysmorphic disorder, how to define your problem, setting targets and goals, effective ways to plan your exposure to anxiety, coping with panic attacks, hyperventilation and catastrophic thoughts, exercise, diet, time management, alcohol and sleep, involving family, friends and other phobics, professional help and its limitations. Renowned expert Professor Robert Gournay, who has more than 35 years' experience in...



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