



Overcoming Animal and Insect Phobias: How to Conquer Fear of Dogs, Snakes, Rodents, Bees, Spiders, and More

Martin M. Antony, Randi E. McCabe

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As the makers of blockbuster movies like *The Birds*, *Jaws* and *Arachnophobia* well know, animal fears are the most commonly reported phobias. Some 6 percent of Americans suffer from diagnosable animal phobia at any given time, and 11 percent will experience an episode at some time in their lives. Nearly three quarters of animal phobia sufferers are women, and most symptoms of animal phobia come on in childhood. Since most people with animal phobias experience panic attacks when they encounter certain animals, these fears can cause victims to lose significant quality of life.

Fortunately, specific phobias are among the most responsive of anxiety disorders to behavior therapy, the research-proven treatment adapted for self-help readers in this book. Readers first learn about their phobia, where it comes from, what factors influence it, and how best to prepare for treatment. Then they learn to confront and overcome their animal and insect phobia. These techniques are effective and fast. The book includes information about avoiding relapse and helping someone else who suffers from an animal phobia.

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Guadalupe Marshall:

A lot of people always spent their own free time to vacation or even go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity this is look different you can read some sort of book. It is really fun in your case. If you enjoy the book which you read you can spent 24 hours a day to reading a e-book. The book Overcoming Animal and Insect Phobias: How to Conquer Fear of Dogs, Snakes, Rodents, Bees, Spiders, and More it is quite good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. Should you did not have enough space bringing this book you can buy the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too costly but this book provides high quality.

Farah McCune:

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James Longo:

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