



Coping with Phobias and Panic (Overcoming Common Problems)

Kevin Gournay

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For many people, life is made intolerable by phobias. Common fears may range from crowded places to a fear of spiders or blood, but, the basic underlying mechanism is the same -- acute anxiety. This book looks at how to tackle both specific phobias and the anxiety which causes such disproportionate fear, and covers obsessive-compulsive disorder, social phobia, generalized anxiety state, and panic disorder with agoraphobia.

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