



Introducing Overcoming Phobias: A Practical Guide

By Patricia Furness-Smith

Icon Books Ltd. Paperback. Book Condition: new. BRAND NEW, Introducing Overcoming Phobias: A Practical Guide, Patricia Furness-Smith, Whether you suffer from panic attacks or feelings of crippling dread, Introducing Overcoming Phobias offers proven techniques to help you break down your fears into manageable parts. Psychologist Patricia Furness-Smith teaches the reader to understand their phobias and remove the anxiety surrounding them. STAND UP TO FEAR and increase your self-confidence. UNDERSTAND PANIC ATTACKS so that the symptoms no longer frighten you. CONTROL THE FIGHT OR FLIGHT RESPONSE and free yourself from avoidance behaviours.



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