



Fix Your Phobia in 90 Minutes

By Anthony Gunn

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Fix Your Phobia in 90 Minutes, Anthony Gunn, One in four people suffer from phobias, yet, they are the easiest psychological problem to treat. Psychologist and phobias expert Anthony Gunn has spent a lifetime helping people overcome their phobias, and has developed a simple, ten-step programme that anyone can do and which takes only 90 minutes. This includes: anti-fainting exercises; deep breathing techniques; recognising and labelling phobic thoughts; and, learning how to get through times of panic. "Fix Your Phobia in 90 Minutes" is an easy-to-read and practical guide which will help you face and ultimately treat your phobia. It will also give you the confidence and skills to tackle other challenges in your life, such as job interviews, social interactions, parenting and business. Take charge now!



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