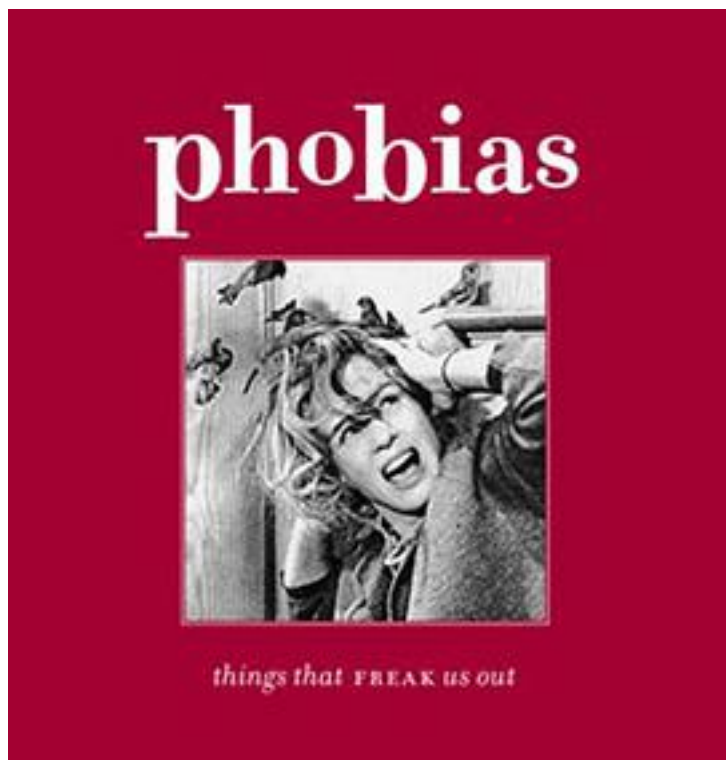


# Phobias



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One of the major tasks of growing up is learning to face one's fears. Although many young people have similar fears--such as their parents dying and being alone--others suffer from unrealistic fears, such as social anxieties, that prevent them from living life to the fullest. PHOBIAS examines what it means to be afraid, and offers realistic advice about how to overcome one's fears.

作者介绍:

目录:

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