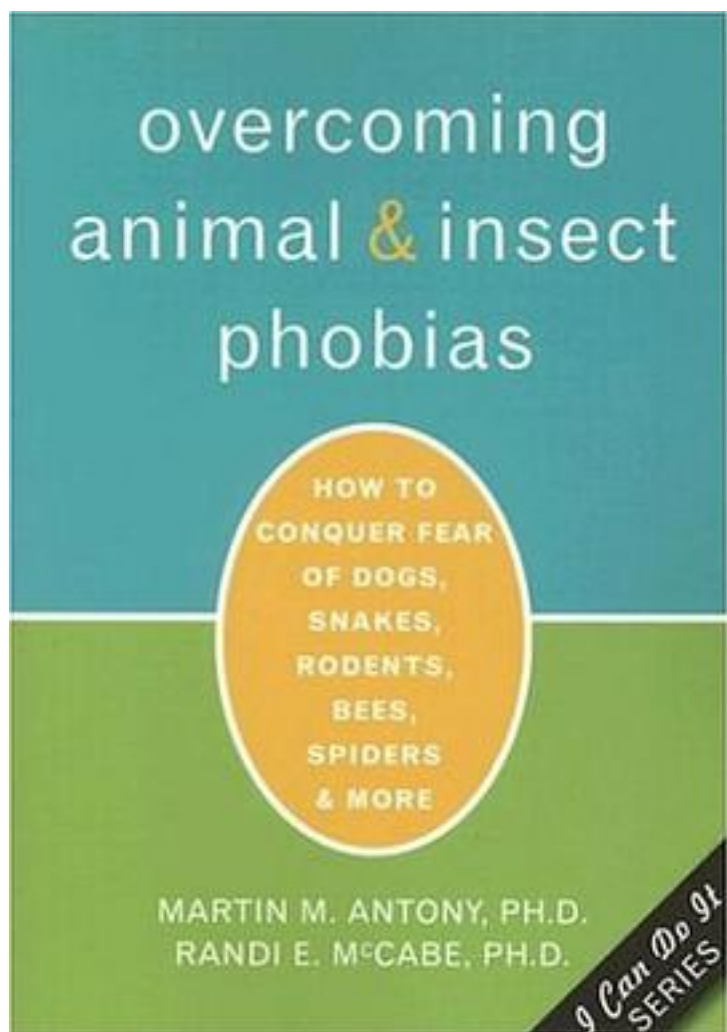


# Overcoming Animal and Insect Phobias



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The success rate for the treatment of specific phobias is the highest of any of the

anxiety disorders. These are also the quickest anxiety disorder to overcome. Written by two renowned anxiety experts, this easy-to-read and practical guide teaches readers how to understand, confront, and overcome persistent fear of animals such as dogs, snakes, insects, spiders, and bees.

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