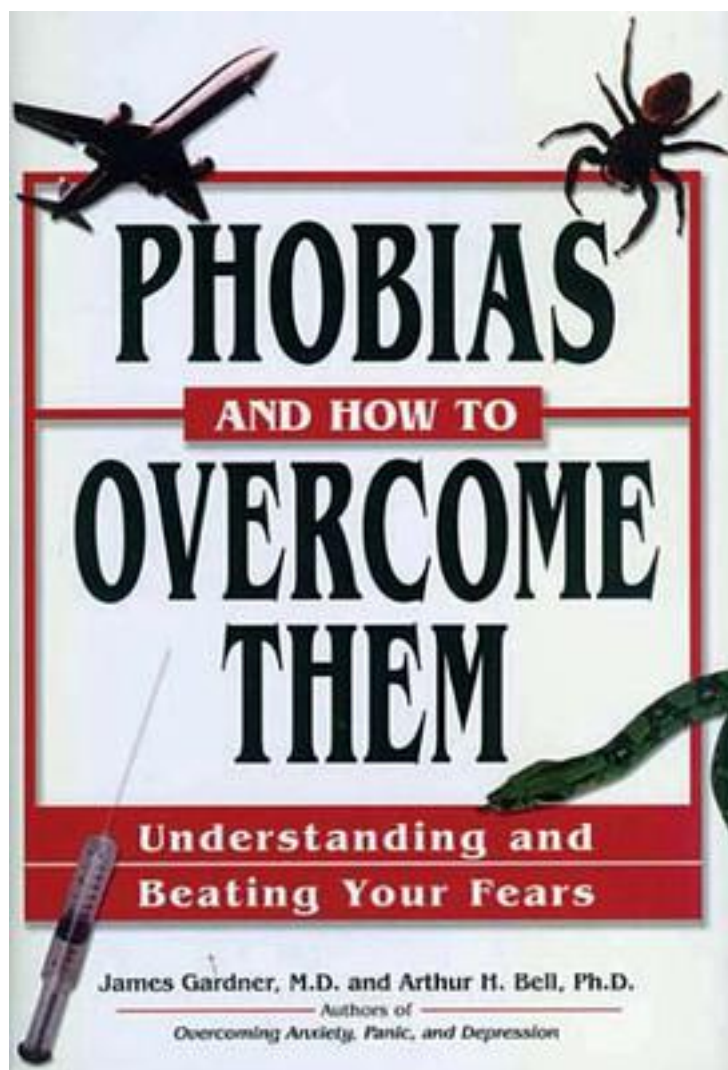


Phobias and How to Overcome Them



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A hands-on guide to recovery from the bondage of phobias, this book draws upon the extraordinary wealth of current scientific and clinical research on phobias to answer pressing questions for anyone who suffers from them and for the friends and relatives of such sufferers.

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