



## An Introduction to Coping with Phobias

By Brenda Hogan

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, An Introduction to Coping with Phobias, Brenda Hogan, A Books on Prescription Title Phobias affect thousands of people in the UK and can be effectively treated with Cognitive Behavioural Therapy. Written by an experienced practitioner, this introductory booklet explains what phobias are and how they make you feel. It will help the reader to understand their phobias and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. How phobias develop and what keeps them going Setting goals and starting to face your fears Avoiding relapses and problem solving.



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