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Adventures of a Phobic

By Colette Carner

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.It s hard to believe that a few people who obviously haven t even read this book can destroy the writer s reputation. The author talks of her own experiences in controlling her agoraphobia, hoping to help others in the process. Several sections of this book unfortunately had to be replaced because a former member of the author s support group misunderstood references to topics covered at the support group meetings and misinformed other members on the content of the book, resulting in a lot of false accusations. Between them they have, to a large extent, destroyed the reputation of both the book and the author. However, the book does consist of an agoraphobic s personal reminiscences of adventures in exposure therapy told with honesty and humor, along with some stories of how phobics in her support group have been able to help each other and, as a book is extremely helpful to readers dealing with anxiety disorders. Consequently, it remains in print. It is a must-read for anybody trying to overcome anxiety disorders and...



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Reviews

This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You wont sense monotony at at any time of your time (that's what catalogues are for relating to should you request me).

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