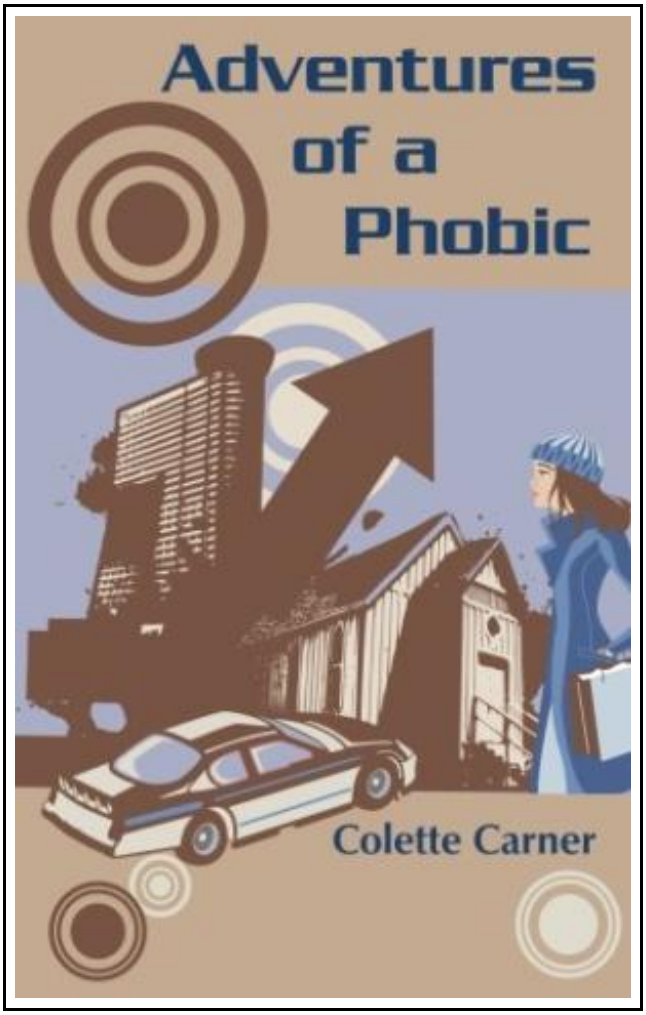
Adventures of a Phobic (Paperback)



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Reviews

The book is straightforward in read safer to recognize. This really is for anyone who statte there had not been a worthy of looking at. You may like just how the blogger create this publication.
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ADVENTURES OF A PHOBIC (PAPERBACK)

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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 phobias. Empathize with Colette as she summons up the courage to overcome her fears in going to church, driving over a bridge, visiting a mega-grocery store and succeeding in purchasing an avocado, a cantaloupe and a perfect red tomato! And, enjoy her progress from small victories all the way to leading a support group. Self-publishing is hardly a money-making venture and, therefore, the misguided reviewer s accusations of greed are totally ridiculous. The one about the story being stolen is very puzzling and, not knowing whose story is supposed to have been stolen or who the online confidant (the author...

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