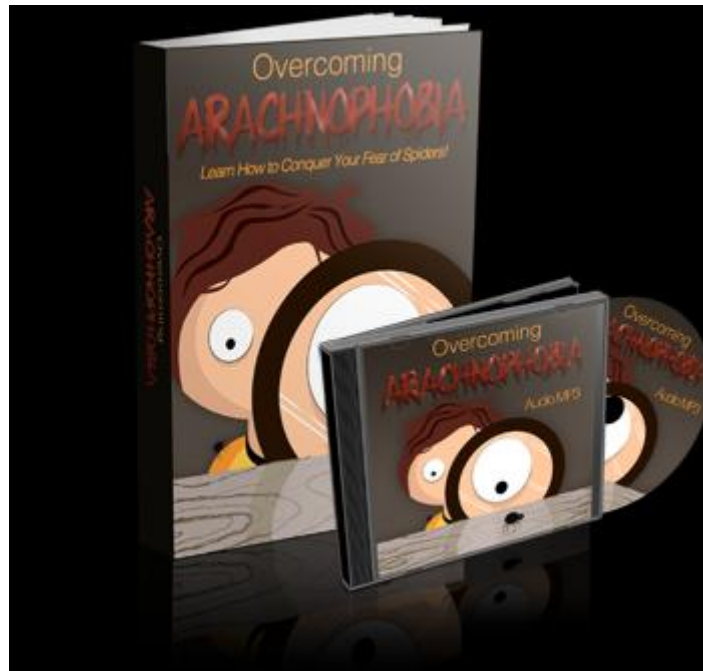


# Overcoming Arachnophobia



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Do you cringe or run in fear when you see a spider? You're not alone! So many people (both women and men) have an overwhelming fear of those agile little eight-legged creatures. If you'd like to learn to overcome your spider phobia as quickly and easily as possible, then this might be the most important letter you'll ever read. In *Overcoming Arachnophobia*, you will find information on the subject and learn steps to help you banish your fear. It isn't as hard as you think! What You Will Learn From This Incredible Audio Book... - What exactly is a phobia - What causes a phobia - What happens when a person has a panic attack associated with a phobia - How you can overcome your fears - Six proven methods to help you combat your fear of spiders - Ten ways to combat panic attacks that might accompany seeing a spider - Four amazingly effective relaxation techniques And much more!

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