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# FIX YOUR PHOBIA IN 90 MINUTES



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Fix Your Phobia in 90 Minutes, Anthony Gunn, One in four people suffer from phobias, yet, they are the easiest psychological problem to treat. Psychologist and phobias expert Anthony Gunn has spent a lifetime helping people overcome their phobias, and has developed a simple, ten-step programme that anyone can do and which takes only 90 minutes. This includes: anti-fainting exercises; deep breathing techniques; recognising and labelling phobic thoughts; and, learning how to...

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- Authored by Anthony Gunn
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