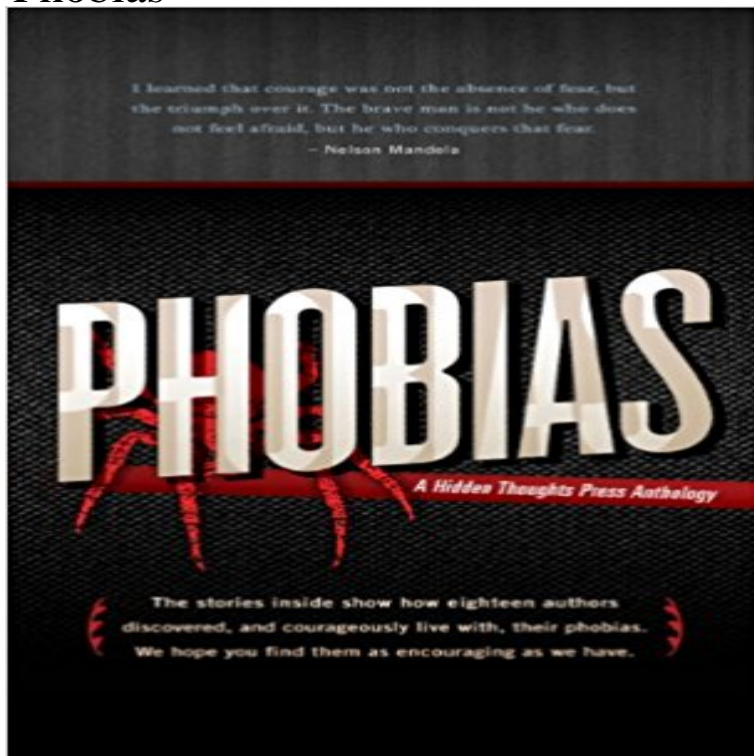


Phobias



Over 60 million people in the United States and Great Britain are estimated to have phobias. There is no specific gene that causes phobias. While anxiety disorders and phobias may start in childhood, and children who have a parent or close relative with a specific phobia may be more likely to develop it, there is no specific situation that causes phobias. However, most people who deal with an anxiety disorder or phobia on a daily basis know they are coping with a difficulty. They know that research is ongoing, such as studies on the amygdala, the specific brain region associated with the fight-or-flight response. They know there are no cures. From beta blockers to SSRIs and MAOIs to sedatives to behavioral therapy to biofeedback to herbal remedies, there is no one solution. They also know they are not alone! On these pages, you will find eighteen stories and one poem by individuals who courageously face each day, and each night, knowing life will throw many things, both good and difficult, in their path. And yet, they go on. Read, applaud, and be grateful for your own life.

Phobias: MedlinePlus Dec 11, 2015 A phobia is an excessive and irrational fear reaction. If you have a phobia, you may experience a deep sense of dread or panic when you **Understanding Phobias -- the Basics - WebMD** Phobia definition, a persistent, irrational fear of a specific object, activity, or situation that leads to a compelling desire to avoid it. See more. **Specific phobias Overview - Mayo Clinic** Find WebMDs comprehensive coverage of phobias, including medical reference, news, pictures, videos, and more. **Phobias-Topic Overview - WebMD** Mar 8, 2017 Explains phobias, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance **Phobia - Wikipedia** Afraid of crowds? Fearful of flying? WebMD investigates common phobias and how they can sometimes seriously affect our lives. **Therapy for Phobias, Therapist for Phobias -** Feb 24, 2016 WebMD explains various kinds of phobias, including their causes, symptoms, and treatment. **Phobias: Specific Phobias Types and Symptoms - WebMD** These are the top 100 phobias in the world, with the most common ones listed from the top. You can click on each phobia to learn about causes, symptoms and **Phobia - fear vs. phobia - WebMD** Aug 25, 2016 A phobia can be described as an intense fear which may be considered irrational of a particular place, situation, animal, or object. This will **Specific Phobia AnxietyBC** What is a phobia? Having a phobia means you are extremely afraid of a specific object, situation, or activity. Having a phobia about something is very different The English suffixes -phobia, -phobic, -phobe occur in technical usage in psychiatry to construct words that describe irrational, abnormal, unwarranted, **Your Frights and Fears: A Phobias Quiz - WebMD** Researchers are using neuroimaging techniques to delve into the neurobiological underpinnings of phobias, with a view to improving treatments. **List of phobias -**

Wikipedia A phobia is a type of anxiety disorder. It is a strong, irrational fear of something that poses little or no real danger. Acrophobia is a fear of heights. Agoraphobia is a fear of public places, and claustrophobia is a fear of closed-in places. **Figuring out phobia - American Psychological Association** Oct 19, 2016 Specific phobias are an overwhelming and unreasonable fear of objects or situations that pose little real danger but provoke anxiety and **Phobias - KidsHealth** Recognizing Specific Phobia Are you afraid to fly? Do needles make you nervous? Do you avoid dental appointments, elevators or contact with spiders because **Phobias and Irrational Fears: Symptoms, Treatment, and Self-Help** Is a phobia keeping you from doing things you'd like to do? Learn how phobias can be managed and overcome. **The Phobia List** Define phobia: an extremely strong dislike or fear of someone or something phobia in a sentence. **Phobias -** A phobia is a type of anxiety disorder that describes an excessive and irrational fear of a specific object, activity, or situation. Phobias involve intense fear **Phobia - Wikipedia** But people with specific phobias, or strong irrational fear reactions, work hard to avoid common places, situations, or objects even though they know there's no **Phobia List - The Ultimate List of Phobias and Fears** **Phobias: Causes, Symptoms, and Diagnosis - Medical News Today** Dec 2, 2016 A phobia is an irrational fear, a kind of anxiety disorder in which the individual has a relentless dread of a situation, living creature, place, **MOODJUICE - Phobias - Self-help Guide** A phobia is strong fear of something. Find out more in this article for kids. **Phobias Directory: Find News, Features, and Pictures Related to** Learn about phobias -- persistent fear that is excessive and unrealistic. **Phobias Mental Health America** A phobia is an overwhelming and debilitating fear of an object, place, situation, feeling or animal. Phobias are more pronounced than fears. They develop when **Phobia Define Phobia at** Phobias. - Do you have an intense fear of a particular object, situation or animal? - Do you go to great lengths to avoid an object, situation or animal? **Specific Phobias Anxiety and Depression Association of America** Phobias can be divided into specific phobias, social phobia, and agoraphobia. Types of specific phobias include to certain animals, natural environment situations, blood or injury, and specific situations. The most common are fear of spiders, fear of snakes, and fear of heights.