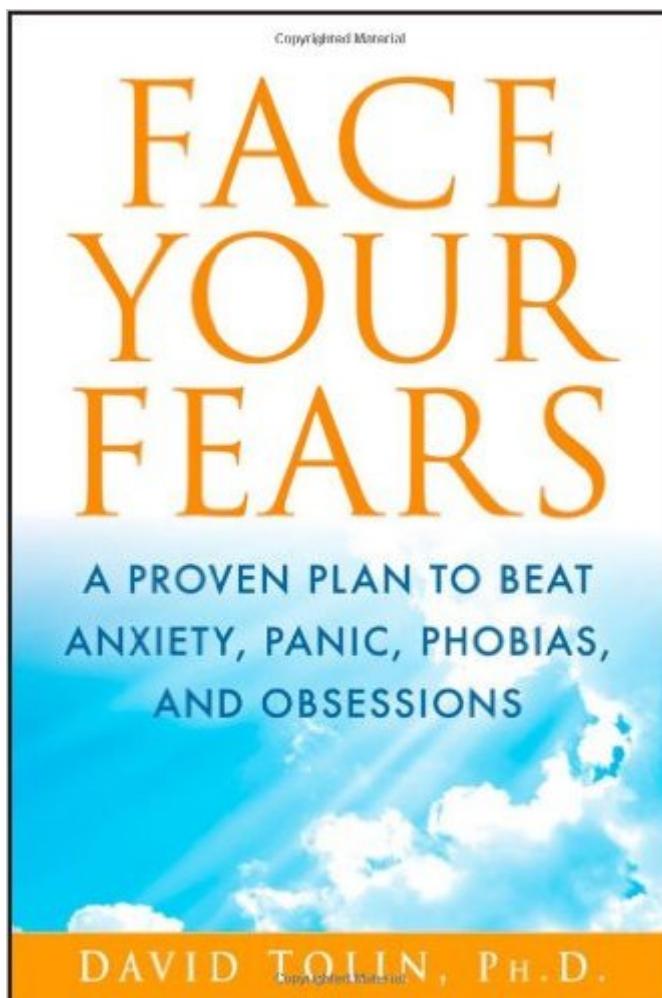


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# Face Your Fears: A Proven Plan To Beat Anxiety, Panic, Phobias, And Obsessions



## Synopsis

Reclaim your life from crippling anxiety with this revolutionary step-by-step approach. Nearly a third of all people will suffer from severe or debilitating fears—phobias, panic attacks, obsessions, worries, and more—over the course of a lifetime. Now Dr. David Tolin—a renowned psychologist and scientist at the Institute of Living and Yale featured on such programs as The OCD Project, Hoarders, The Dr. Oz Show, and Oprah—offers help for nearly every type of anxiety disorder. Dr. Tolin explains what fear really is, why you should face—not avoid—your fear, and how to beat your fear using gradual exposure techniques. Practical action steps and exercises help you learn this unique approach to facing fear without crutches or other unhelpful things found in many other programs in order to achieve a life that is free of debilitating anxieties. Self-help guide that gives you the tools to take charge and overcome your fears. Written by a leading authority on anxiety and based on the latest research. Provides a practical, step-by-step plan for beating many different kinds of fears—including social anxiety, posttraumatic stress disorder (PTSD), obsessive-compulsive disorder, panic disorder, and phobias. *Face Your Fears* will change the way you think about fear and what to do about it. This up-to-date, evidence-based, and user-friendly self-help guide to beating phobias and overcoming anxieties walks you step by step through the process of choosing courage and freedom over fear.

## Book Information

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## Customer Reviews

My wife has struggled a little with some OCD stuff, so we recently purchased this book based on a doctor's recommendation. I'm extremely glad we did. I think it has helped her and us in a very short

period of time. This book is outstanding and very relatable for everyone, from people with severe anxiety issues to people with "normal" everyday anxiety. It really helps you to recognize and has strategies to face the fears that are causing all types of anxiety. Even if you have no anxiety, this book helps you to understand what other people are going through and how you can help them. I think this is the book a lot of people have been looking for to understand their issues and address them in a logical and methodical way. It's NOT some corny self-help book with really obvious recommendations like "think positive and everything will work out". Some of the things I found particularly interesting:

- 1 - Probability over-estimation. This is basically when people convince themselves that something awful is going to happen when the probability is actually extremely low. I heard a strange noise so the plane it is probably going to crash. My boss didn't smile at me this morning so I'm probably getting fired. I found a flea on my cat, so the whole house will become infested and we'll never get rid of them.
- 2 - Safety behaviors. These are things people do to avoid directly facing a fear. Looking away when getting an injection or blood drawn. Holding airplane armrests to "prevent" a plane from crashing. Rearranging items in a particular order. They are responses to fear/anxiety that are coping mechanisms. They are actually just as bad as blatantly avoiding going to the doctor or taking a trip on a plane.

I have 9 books on OCD (which means I have to buy another one or give one away because I don't do odd numbers. I will probably give one away, because 8 is my number. I digress. Jk ^%). I have had this book since its release. I have many notes, markings and post-it flags in my book. I use it as a 'workbook' and since I have a copy on my iPad, I read sections if I have a rough day or if I don't WANT to do exposures. (Just Do It!). Dr. Tolin writes this book in a very practical way. It is like having a therapist in your pocket! So why am I so high on this book? My OCD has been present since childhood. The daughter of a grade school teacher and a Marine, there was Right and Wrong in my house. While pursuing a triple major undergrad, I felt the weight of OCD beginning to catch up with me. Enter the workforce, a stratospheric ascent, a triple major grad at a top ten university, traveling the globe. Then, while in New Zealand I started. That step wasn't 'right', do this 8 times, 16 times, 32 times, 64 times, you get the picture. Until one day, I was afraid to leave the house. I stopped driving. I had severe panic attacks. I couldn't walk. I couldn't talk. Life stopped. I am very fortunate to live minutes away from one of the premier OCD and Anxiety programs. There I learned about Safety Behaviors, about sitting with discomfort, about living with uncertainty about perfectionism. Even with all of that intense therapeutic treatment. There are some things I didn't understand until I read 'exposure, eliminating avoidance and safety behaviors, addressing scary

thoughts, and tracking progressâ • is pretty much the formula.

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and Panic

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