

Download Anxious Self: Diagnosis And Treatment Of Fears And Phobias

How common are phobias? Phobias are more common than you might think: they are the most common type of anxiety disorder. It is estimated that in the UK alone, 10 million people have phobias. Anxiety disorders are different, though. They are a group of mental illnesses, and the distress they cause can keep you from carrying on with your life normally. Fears and Phobias. Psychologist - Anywhere you need help... Anytime you need it... This one of a kind personal service by Dr Vincent Berger, an internationally recognized Board Certified Psychologist, is for those with a demanding lifestyle who don't have the time or inclination for typical appointments. A phobia is a type of anxiety disorder. There are many specific phobias. Treatment helps most people with phobias.