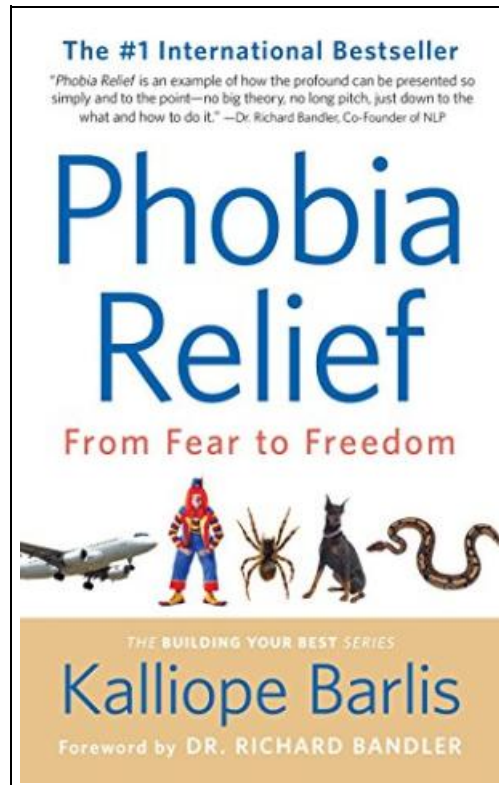


Phobia Relief: From Fear to Freedom (Paperback)



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Reviews

This written book is great. I am quite late in start reading this one, but better then never. You will not really feel monotony at at any moment of your time (that's what catalogues are for about when you check with me).

(Abe Reichel DDS)

PHOBIA RELIEF: FROM FEAR TO FREEDOM (PAPERBACK)



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Building Your Best Inc, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Start Living the Life You Deserve Now. Approximately 8.7 of the U.S. population suffer from specific phobias. (Source: National Institute of Mental Health.) In the new #1 International Bestseller, Phobia Relief: From Fear to Freedom, author Kalliope Barlis offers step-by-step instructions for getting rid of illogical fears and phobias. Every person in the world is born with two fears: the fear of falling and the fear of loud noises. All the rest - fear of spiders, snakes, clowns, flying, close spaces, getting sick, dogs, needles - are all learned and can be unlearned. By using Neuro-Linguistic Programming techniques, these phobias can be controlled and even eliminated. What Kalliope Barlis offers is education, not therapy, and the results can be absolutely liberating! People s thoughts sometimes create danger inside their own minds when there is no real danger in the outside world. It is all about how a person thinks that can change how they feel. When there is a strong reaction to anything, the ability to remain calm is possible because anything is possible when one changes how they think. It s just a matter of finding out how to do it, step by step, so that it becomes second nature. A person changing how they think can resolve their fears and feel propelled to do more of what they want to do. By completing the exercises in the new bestseller, a person will be able to: learn the true cause of their phobias; gain control over formerly uncontrollable thoughts; shrink fears and reverse them. With these NLP techniques, a person can stop visualizing what they DON T want and start visualizing what they DO want. Once this happens, they can...



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