



Spider Phobia - Fifteen Minute Therapy: 12 techniques that will cure a phobia or fear of spiders in fifteen minutes or less

James Brackin

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To be finally rid of your fear of spiders is easier than you think. That's because this phobia cure was featured in the UK National press in a controlled trial and was proven to cure a thirty year phobia in less than two hours. Now all of the techniques used then are available to you. How does it work? Imagine if you had access to some easy to use techniques that would treat your fear of spiders easily and quickly. Therapies that you could use quickly, whenever you need them. That's the purpose of this book to give you practical techniques that will help you be rid of that old fear once and for all. In addition it will provide you a number of techniques so that you can use any of the therapies to make an immediate difference. And do that in seconds or minutes rather than hours or days because all of them work in less than fifteen minutes. Once used a few times most of the techniques will work instantly to remove any anxiety. All of the therapies in the book are also available as audio files so you can listen to them - just like a one-to-one session. If your fear of spiders has been getting worse over time then perhaps now is the time to reverse that trend.

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