



# The Complete Idiot's Guide to Phobias

*Gregory P. Korgeski Ph.D.*

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# The Complete Idiot's Guide to Phobias

Gregory P. Korgeski Ph.D.

**The Complete Idiot's Guide to Phobias** Gregory P. Korgeski Ph.D.  
*An accessible book on phobias and how to overcome them.*

Phobia: an irrational, intense, persistent fear of certain situations, activities, things or people. Here, a psychologist discusses over 100 phobias. Beginning with the current theories about phobias, the book has a complete listing of the most common phobias, each with a full history and description, with the most effective ways to cope. Interesting, jargon-free and full of insight, it sheds light on this widespread condition.

?Informal and informative

?Combination of reading and dictionary format for quick reference

?Full of advice on how to cope with phobias

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