



Claustrophobia

Andrea Perry

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Claustrophobia Andrea Perry

Therapist and consultant Andrea Perry speaks honestly about her own experience of claustrophobia in what is believed to be the first ever book on the subject. She draws on the views of other people who have experienced similar anxiety, and overcome it. She explores how and why the phobia develops and then provides a huge range of self help strategies to help overcome it. In addition, for those who want to turn to therapy, she provides a comprehensive and insightful assessment of the therapeutic treatments available today.

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