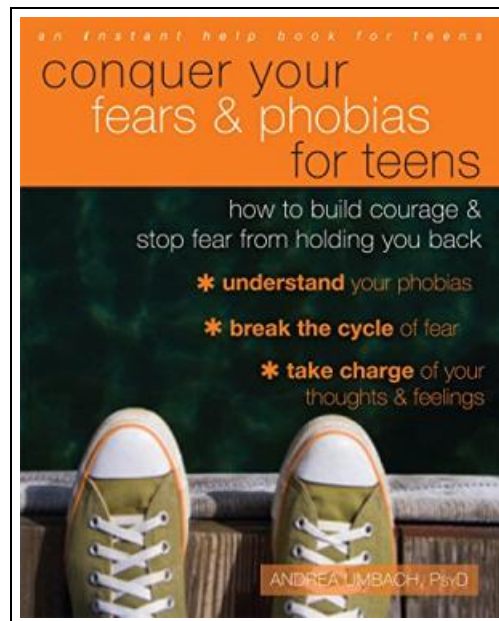


## Conquer Your Fears and Phobias for Teens: How to Build Courage and Stop Fear from Holding You Back (Paperback)



Filesize: 2.07 MB

### ***Reviews***

*It is an awesome book that we have possibly go through. It is actually writter in straightforward words and phrases and not confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
(Tierra Kunde)

## CONQUER YOUR FEARS AND PHOBIAS FOR TEENS: HOW TO BUILD COURAGE AND STOP FEAR FROM HOLDING YOU BACK (PAPERBACK)



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- \*Animal phobias, such as dogs, cats, snakes, spiders, and more\*
- \*Natural environment phobias, such as heights, darkness, water, and storms\*
- \*Situational phobias, such as driving, flying, crowded spaces, closed-in spaces, and more\*
- \*Blood injection or injury phobias, such as seeing blood or injury, or visiting doctors and dentists\*

As well as other phobias, such as vomiting, choking, contracting illness, gaining weight, loud noises, foods, and more. If you are a teen who suffers from phobias, the practical activities in this book will help you break free from the fears that are holding you back. So, what are you waiting for?.



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