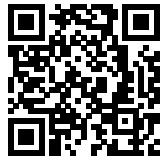


Hypnosis for Phobia and Fear



London, London

<https://www.freeadsz.co.uk/x-202570-z>

Fear is a natural response caused by real danger. For example, we are all scared of coming face to face with a wild, hungry animal, and fear is a survival instinct which warns us against certain things or situations. A phobia, on the other hand, is an irrational fear of an object or situation that causes little or no danger. For example, arithmophobia (fear of numbers) may cause certain individuals anxiety, but the fear itself won't cause any danger. Phobias are linked to our subconscious, and because they are irrational, they can often be dealt with effectively. Phobias are extremely common and range from the less well-known i.e. asymmetriphobia (fear of asymmetrical things) to the more commonly recognised dentophobia (fear of dentists). There will usually be strong avoidance behaviour connected with the phobia, and feelings of anxiety, loss of control and panic. Sufferers usually know their fear is irrational, but they cannot control it. For More information Call us at UK leading Hypnotherapy &

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