



FACTS
ABOUT
FEAR
AND
PHOBIAS

Fear can evoke pleasure

Fear can be the voice of reason and caution

Fear comes in all shapes and sizes

Resisting fear can consume a great amount of energy

One can get rid of the Fear

A surge of fear tends to arise directly after a moment of truth

Anxiety can numb your fear

The key to resisting fear is awareness

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Understanding Phobias

Léo Pomar



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