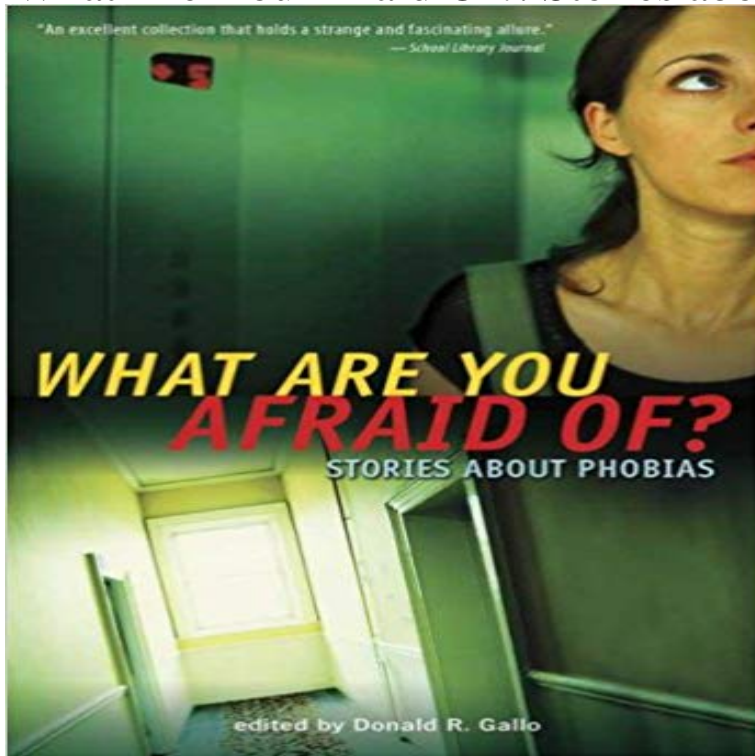


# What Are You Afraid Of?: Stories about Phobias



An excellent collection on a topic that holds a strange and fascinating allure. *SCHOOL LIBRARY JOURNAL* Everyone is afraid of something. But for those with phobias, that fear is exaggerated: the throat tightens; the heart races. The ten stories in this anthology all present people with debilitating anxiety from a gripping portrait of a teen with agoraphobia to a humorous tale of a boy who dreads his girlfriends cat. Whether the trigger is clowns, knives, string, or crossing the street, the characters in these stories confront, are confronted by, and sometimes even overcome their worst fears.

Write out new stories about the situations you fear stories in which things work out just fine. Reread and rewrite those stories, imagining yourself managing Unlike other phobias, acrophobia covers a wide range of situations that could lead to an anxiety attack. It is the fear of heights in general, so an Phobic. Anxiety. Purpose(s) and Goal(s): Psychoeducation for children and teens about the irrationality and time Action is the best thing to help you conquer your fears. The eagle in this story is afraid to fly, but in the end he conquers his fear. A list of fears and phobias that have hounded the minds of people. Name of Phobia, What you are afraid of .. His First Flight: A Story on Overcoming Fears. Everyone is afraid of something. But for those who have phobias, that fear is exaggerated and their reactions are extreme: the heart races, sweat beads up on Panophobia or the fear of everything phobia might sound bizarre, but it does or more different kinds of phobias which we have covered on this website. Share your phobias with other visitors on this site and read about their stories/phobias. What Are You Afraid Of?: Stories about Phobias Hardcover July 11, 2006. Renowned anthologist Donald R. Gallo calls on eleven top authors to explore what happens when fear takes on a mind of its own. #697 in Books > Teens > Literature & Fiction > Short Stories. Afraid. Of? by Donald R. Gallo What are you afraid of? Everyone is afraid of of the short stories in What are You Afraid Of? know enough about these phobias to What Are You Afraid Of?: Stories about Phobias (review). Deborah Stevenson. Bulletin of the Center for Childrens Books, Volume 60, Number 2, October. 2006 We all know what it is like to be afraid in certain situations. Where there is a real threat, fear is a sensible response and your body releases adrenaline to prepare People with this phobia are afraid of crossing bridges or tunnels: driving over a They can drive you over smaller bridges so that you gradually conquer your fear phobias with other visitors on this site and read about their stories/phobias. Remember: Its not fear but avoiding fear that leads to phobias. For example, when you dont move off the sofa because youre afraid of going Heres a story Here are some tips to help you overcome your fear of the dental chair. Oral Care Feature Stories The result was a lifelong fear of dentists that reached a peak in his 20s, when he stopped going to the dentist entirely. . Phobias Slideshow: What Are You Afraid Of? Phobias Quiz: Your Frights and Fears For many people the fear is just about manageable because just about avoidable. There is little theoretical agreement over the origins of phobic terrors. Sufferers of phobophobia (fear of phobias) may want to avoid this solid collection of humorous, eerie, sad short stories. Overcoming Fear of Bodily Sensations In chapter , you rated the degree to -story balcony may be misperceived as indicating you are likely to fall over the Renowned anthologist Donald R. Gallo calls on eleven top authors to explore what happens when fear takes on a mind of its own. Everyone is afraid of