



Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias, and Obsessions

David F. Tolin

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Reclaim your life from crippling anxiety with this revolutionary step-by-step approach

Nearly a third of all people will suffer from severe or debilitating fears—phobias, panic attacks, obsessions, worries, and more—over the course of a lifetime. Now Dr. David Tolin—a renowned psychologist and scientist at the Institute of Living and Yale featured on such programs as *The OCD Project*, *Hoarders*, *The Dr. Oz Show*, and *Oprah*—offers help for nearly every type of anxiety disorder. Dr. Tolin explains what fear really is, why you should face—not avoid—your fear, and how to beat your fear using gradual exposure techniques. Practical action steps and exercises help you learn this unique approach to facing fear without crutches or other unhelpful things found in many other programs in order to achieve a life that is free of debilitating anxieties.

- Self-help guide that gives you the tools to take charge and overcome your fears
- Written by a leading authority on anxiety and based on the latest research
- Provides a practical, step-by-step plan for beating many different kinds of fears—including social anxiety, posttraumatic stress disorder (PTSD), obsessive-compulsive disorder, panic disorder, and phobias

Face Your Fears will change the way you think about fear and what to do about it. This up-to-date, evidence-based, and user-friendly self-help guide to beating phobias and overcoming anxieties walks you step by step through the process of choosing courage and freedom over fear.

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