

An Introduction To Phobia Emmanuel U Ojiaku

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An Introduction to Phobia by Emmanuel U. Ojiaku - Book - Read An Introduction to Phobia - Emmanuel U. Ojiaku. Meaning of Phobia. A phobia is an irrational fear, a kind of anxiety disorder in which the sufferer has a relentless dread of a situation, living creature, place or thing.

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Download Free An Introduction To Phobia Emmanuel U Ojiaku... Introduction. A phobia is an overwhelming and debilitating fear of an object, place, situation, feeling or animal . Phobias are more pronounced than fears. They develop when a person has an exaggerated or unrealistic sense of danger about a situation or object.

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There are three primary types of phobias — specific phobias (formerly known as simple phobias), social anxiety disorder (also known as social phobia), and agoraphobia. A specific phobia is a fear...

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We all have fears and worries and there are different situations which leave us with an urge to prepare for a danger which we have perceived. Being fearful is a natural human emotion, and allows us to appropriately judge the safety of a situation. The difference between a normal fear and a phobia is that a phobia for the most part, is an irrational fear without substantiated evidence to suggest you will come to harm, and a fear will subside eventually and not continually impact the quality ...

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Introduction. A phobia is an overwhelming and debilitating fear of an object, place, situation, feeling or animal . Phobias are more pronounced than fears. They develop when a person has an exaggerated or unrealistic sense of danger about a situation or object. If a phobia becomes very severe, a person may organise their life around avoiding the thing that's causing them anxiety.

Phobias Introduction - Zana

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Section A: understanding phobias appears to be based on the idea that knowledge is power, starting at the beginning with an explanation on what a phobia can be defined as, moving through classification of phobias and explaining each category with reference to the Diagnostic and statistical Manual of Mental Disorders (DSM) again with case study examples, to more detail on both social and agoraphobia.

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