

Due to a sibling practical joke gone bad caused by his older brother, Matt Brewer grew up with intense phobias that have haunted him for the better part of his adulthood and was tired of living in fear. His lifelong dreams were starting to come true in every possible aspect and his relationship was starting to flourish, but without help he had the potential to lead his life to ruins and self-destruction. Simple day-to-day activities caused him to become overwhelmed with extreme panic attacks without any warning. After contemplating the benefits for hours on end and gathering the courage to do so, he finally made a conscious decision to go to group counseling, seeking help once and for all. It would only be a matter of time before his life got back on track. He entrusted his heartfelt emotions and embarrassing cowardice in the hands of complete strangers and depended on them to help conquer his indomitable and irrational fears. What he did not count on was having group therapy work against him and his worst fears become a distinct reality, leaving him fighting for his life and the precious lives of those around him, including his wonderful girlfriend whom he intended to marry. Unbeknownst to him, his every move was being recorded and his darkest secrets revealed to a homicidal psychopath. Helplessly tortured and bound, he comes face to face with pure evil with no one to hear his desperate screams. Odds are against him and his futile attempts of escaping send waves of despair as he is the sole person with the ability to save his loved ones and others who may not live to see tomorrow. Time is of the essence and it is a literal race against the clock in order to make it out alive. \*A portion of the proceeds from the sale of this book will be donated to an animal rescue group.

The Edge of the World (Terra Incognita), Gods Game: A Gods eye view of you and the world, O Deus esquecido: Revertendo nossa tragica negligencia para com o Espirito Santo (Portuguese Edition), I Know Someone with Dyslexia (Young Explorer: Understanding Health Issues), Ma non e una cosa seria: Commedia in tre atti (Il teatro di Pirandello) (Volume 16) (Italian Edition), Microsoft Office 2010: Essential (Available Titles Skills Assessment Manager (SAM) - Office 2010), Dare to Love [The Dare Series 4] (Siren Publishing Menage Everlasting), Samurai Jack Volume 3: Quest For The Broken Blade (Samurai Jack Tp),

An extreme or irrational fear is known as a phobia. Certain fears have specific names (like coulrophobia: a fear of clowns). Here are some other examples. Social Phobia (Social Anxiety Disorder) Social phobia involves the fear of social situations and can be quite debilitating. In many cases, these phobias can become so severe that people avoid events, places, and people who are likely to trigger an anxiety attack. Added three phobias to the letter Q . Fredd -Fredd If you appreciate the Phobia List, please help support it. Phobia Categories - Phobia Treatment - The Indexed Phobia List.

A phobia is an excessive and irrational fear reaction. If you have a phobia, you may experience a deep sense of dread or panic when you. People who suffer from specific phobias are aware that their fear is irrational, Social Phobia can produce fear of being humiliated or embarrassed in front of. Phobias are irrational and disabling fears. If you have one, you'll do almost anything to avoid what you're afraid of. Someone with a phobia. Is a phobia keeping you from doing things you'd like to do? Learn how phobias and irrational fears can be managed and overcome. A phobia is strong fear of something. Find out more in this article for kids. Learn about phobias. Find out what the common types are and what strategies can be used to help you cope with your phobia. A phobia is an overwhelming fear of an object, place, situation, feeling or animal.

A specific phobia is a type of anxiety disorder defined as an extreme, irrational fear of or

aversion to something. Find DSM criteria & treatment.

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