



## Phobias: The Psychology of Irrational Fear

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# Phobias: The Psychology of Irrational Fear

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Combining popular appeal with accessibly written entries suitable for research projects, this fascinating encyclopedia provides a thorough introduction to the psychological and scientific aspects of phobias.

- Provides scientifically grounded, accessibly written content contributed by current leading researchers and clinicians in the area of phobias and anxiety disorders
- Covers a variety of the most common specific phobias, including fears of spiders, enclosed spaces, snakes, and heights
- Includes illustrative examples and case vignettes to bring the subject matter to life
- Supplies comprehensive coverage of scientific and clinical perspectives, with attention to historical, cultural, and popular contexts
- Enables readers to trace the history, theories, and practices associated with the study and treatment of phobias

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