



Overcoming Animal and Insect Phobias: How to Conquer Fear of Dogs, Snakes, Rodents, Bees, Spiders, and More

Martin M. Antony, Randi E. McCabe

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As the makers of blockbuster movies like *The Birds*, *Jaws* and *Arachnophobia* well know, animal fears are the most commonly reported phobias. Some 6 percent of Americans suffer from diagnosable animal phobia at any given time, and 11 percent will experience an episode at some time in their lives. Nearly three quarters of animal phobia sufferers are women, and most symptoms of animal phobia come on in childhood. Since most people with animal phobias experience panic attacks when they encounter certain animals, these fears can cause victims to lose significant quality of life.

Fortunately, specific phobias are among the most responsive of anxiety disorders to behavior therapy, the research-proven treatment adapted for self-help readers in this book. Readers first learn about their phobia, where it comes from, what factors influence it, and how best to prepare for treatment. Then they learn to confront and overcome their animal and insect phobia. These techniques are effective and fast. The book includes information about avoiding relapse and helping someone else who suffers from an animal phobia.

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