



## Phobia? Be Free of It!

*Gillian Harvey-Bush*

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# Phobia? Be Free of It!

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## **Phobia? Be Free of It!** Gillian Harvey-Bush

Did you know that 13% of the adult population will develop a phobia at some point in their life? If you are suffering from a phobia then you should read this book. If you are not suffering from a phobia at the moment, and don't understand what it is like to have one, then you should still read this book to appreciate what life is like for those who do! It could be somebody close to you. Light and easy to read, this book is nonetheless packed with information, quotes to make you think and useful tips as well as techniques that you can use to help yourself overcome your phobia. About the author: Gill has an honours degree in psychology, is a qualified life performance coach, master practitioner of Neuro-Linguistic Programming (NLP) trained by Dr Richard Bandler, Paul McKenna and Michael Neill and an advanced therapist in Thought Field Therapy (TFT) trained by its founder Dr Roger Callahan. She presents regularly at seminars in addition to running her own, has appeared on TV shows worldwide and is a regular on the radio and in the press.

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