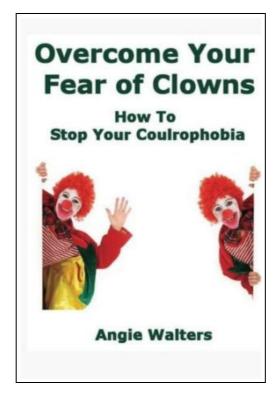
Overcome Your Fear of Clowns: How to Stop Your Coulrophobia (Paperback)



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OVERCOME YOUR FEAR OF CLOWNS: HOW TO STOP YOUR COULROPHOBIA (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. The fear of clowns is a very real phobia. Whether it s circus clowns or movie clowns or even clowns offering burgers, a lot of people suffer from coulrophobia which is the technical name for phobia of clowns - yes, this phobia is real and has its very own name! This book is presented in a simple, chatty format. It has some easy to follow ideas which will help you to melt away your fears and stop you being scared of clowns so that you can carry on your life in a more normal manner. The book starts by helping you understand where your fear comes from. Maybe it s too many horror movies featuring clowns as some of the baddies. Maybe it s a different reason that you have a phobia of clowns. Whatever the reason, once you start to understand your fear you can begin to deal with it in a more rational way - this applies to a phobia about clowns just as much as any other fear you may experience. The next technique to help deal with your coulrophobia involves facing your fear. This book will take you through how to do that without getting more scared about clowns than you presently are. Some people find it best to deal with their clown fear by tracking back precisely when it began. This can be a very effective technique to get rid of your phobia of clowns and I ll show you exactly what you need to do to get your fears and worries reduced. You ll also be shown how to get to grips with the underlying psychology that is feeding your deepest, darkest clown...



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