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Balloon Phobia - Fifteen Minute Therapy: 12 techniques that will cure a balloon phobia in fifteen minutes or less

James Brackin

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Balloon Phobia - Fifteen Minute Therapy: 12 techniques that will cure a balloon phobia in fifteen minutes or less James Brackin
To be finally rid of your fear of balloons is easier than you think. That’s because this phobia cure was featured in the UK National press in a controlled trial and was proven to cure a thirty year phobia in less than two hours. Now all of the techniques used then are available to you. This is much more than a book as all of the therapies in it are also available as audio files so you can listen to them - just like you would in a one-to-one session. How does it work? Imagine if you had access to some easy to use techniques that would treat your fear of balloons easily and quickly. These are therapies that you could use quickly, whenever you need them. That’s the purpose of this book to give you 12 real-life practical techniques that will help you be rid of that old fear once and for all. You’ll be able to use any of them to make an immediate difference. And do that in seconds or minutes rather than hours or days because they all work in less than fifteen minutes. Once used a few times most of the techniques will then work instantly to remove any fear or anxiety. You already know that this fear is not rational but that hasn’t helped stop it. In fact despite this your fear of balloons has likely to be getting worse over time, so perhaps the time is right now to stop it once and for all. If you are ready to do that, fifteen minute therapy will work for you.

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