



# Mastering Your Fears and Phobias (Treatments That Work)

*Martin M. Antony, Michelle G. Craske, David H. Barlow*

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*Mastery of Your Fears and Phobias, Second Edition, Workbook* outlines a cognitive-behavioral treatment program for individuals who suffer from specific fears and phobias, including fear of blood, heights, driving, flying, water, and others. The program described in this workbook has proved to be the most effective treatment available for fears and phobias to date. It has a success rate of up to 90% with as little as one treatment session. Based on the principles of cognitive-behavioral therapy (CBT), this workbook teaches clients about the nature of their fear and how to overcome it through exposures and changing their negative thoughts.

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