

Title:

Agoraphobia: Get Out of the Market and Conquer Your Fear

Word Count:

970

Summary:

A kind of phobia that can be seriously disabling to an individual is called agoraphobia. Agoraphobia is a condition which develops when a person begins to avoid spaces or situations a

Keywords:

anxiety, depression treatments, antidepressants, stress

Article Body:

We all experience fear once at least once in our lives. When we were kids, we were very frightened.

Fear plays a very important part in our daily life, and in human society as a whole. Fear comes in many different forms, some of the examples of phobias are: arachnophobia; the

Phobias involve the experience of persistent fear that is excessive and unreasonable. It is the

Phobias come in many different forms, some of the examples of phobias are: arachnophobia; the

But one kind of phobia that can be seriously disabling to an individual is called agoraphobia.

Agoraphobia is a condition which develops when a person begins to avoid spaces or situations a

Typically, people with agoraphobia restrict themselves to their ^comfort zone~ that may include

- Having panic disorder
- Experiencing stressful life events
- Having a tendency to be nervous or anxious
- Alcohol and substance use disorders
- Female gender

Agoraphobia usually starts during late adolescence or early adulthood, but younger children and

A phobia can make one's life miserable, cause embarrassment, and undermine self confidence and

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