

Title:
Fear Of Heights

Word Count:
323

Summary:
Learn to live your life without the pressures of fear, anxiety or phobia. Uncover articles and

Keywords:
fear, heights, anxiety, phobia

Article Body:
Psychiatry identifies three different categories of phobia:

Agoraphobia is a fear of open spaces. It is also a fear of having a panic attack in a public p

Social Phobia is an irrational anxiety brought forth by exposure to certain social situations,

Specific Phobia is a persistent and irrational fear in response to some specific stimulus, whi

Fear of heights is one of the most widespread of fears. In some situations a fear of heights i

However, a morbid fear of high places, which is the definition of acrophobia, can be very bad

As with many fears, acrophobia often goes hand in hand with other phobias, a fear of flying in

The best methods for curing acrophobia involve gradual desensitisation, slowly exposing the su

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