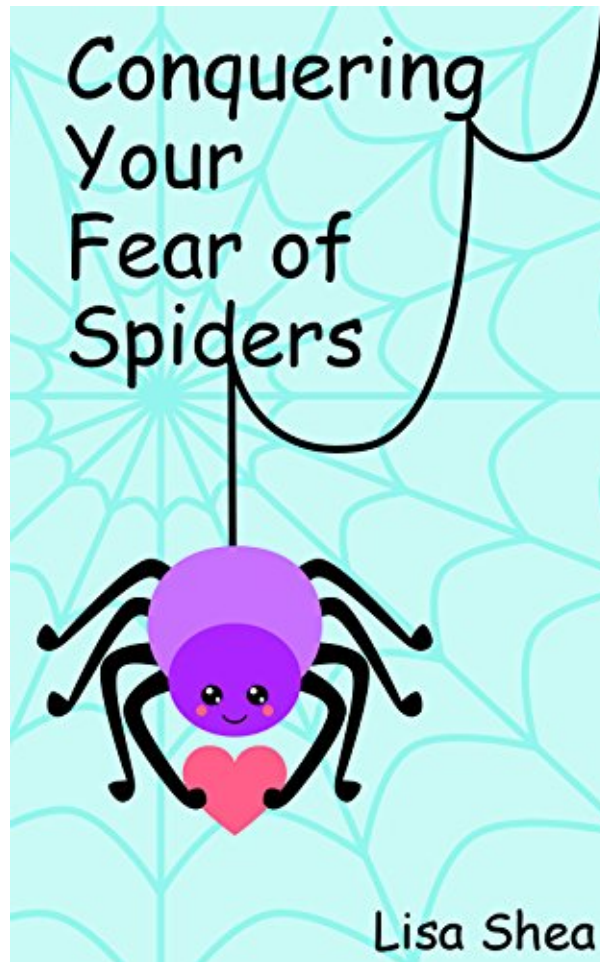


CONQUERING YOUR FEAR OF SPIDERS BY LISA SHEA



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CONQUERING YOUR FEAR OF SPIDERS BY LISA SHEA PDF

Do spiders make you nervous? Does your fear of spiders cause you stress? Do you find that you hesitate to do things you might enjoy because there might be spiders around?

This gentle, supportive ebook contains 51 pages of friendly, helpful information to step you through overcoming your fear of spiders. Depending on the level of your fear, the ebook might be something you read through a chapter a day, addressing each issue fairly quickly. For those with stronger fears, this process will become a daily meditation, one which will help lead you to a happier, less stressed way of life. Whatever your level, whatever your background, you take it at your own pace. The journey itself is the key.

All proceeds benefit battered women's shelters.

I'm a testament to the fact that this works. I used to be unhappy with spiders. Now I adore them. It all comes down to taking it step by step, one spider at a time, and reframing how you perceive spiders.

Not only does this process work with spiders - but once you master it, you can use this same technique to conquer most other fears. Also, the more you practice at tackling fears, the easier it gets. Your horizons become unbounded.

Best of luck! I'd love to hear feedback so I can improve the ebook. Together we can reduce stress and release fears.

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2 of 2 people found the following review helpful.

Conquering your fear of spiders

By Grace Rostoker

Lisa Shea takes the concepts of desensitization and of 'chunking down' a big problem into smaller and more manageable steps, and applies them to overcoming a fear of spiders. She first writes about what might have caused someone to develop this fear, such as childhood associations, and emphasizes the freedom we all have to take charge and conquer the fears that may be impacting life in a negative way.

Photographs are used to help the reader become accustomed to the sight of various multi-legged creatures, starting with a very pretty butterfly and then in subsequent chapters moving on to several species of spider. Lisa Shea uses a lighthearted style to encourage the reader to think of spiders as friendly beings who just want to get on with their brief but useful lives.

For anyone with a serious fear of spiders, I think that further work would be needed in order to overcome

their phobia, but for someone with a non-phobic, everyday aversion to small things that scamper about on all those legs, reading this book is a positive first step in the fear conquering process.

I received a review copy of *Conquering Your Fear of Spiders* from the author.

2 of 2 people found the following review helpful.

A Must Read for Anyone Unsure about Spiders

By Edie

I know Lisa and wanted to read one of her nonfiction books so I purchased a copy of *Conquering your Fear of Spiders*. While I didn't really think I would like it that much, after all I'm not a fan of spiders, I was pleasantly surprised that I enjoyed reading the whole book. The Introduction and each chapter begins with a relevant quote, and continues with the most interesting information I can imagine about the world of spiders.

The pictures are appropriate to the content and add to the comfortable vibe of the book. The author eases us into the topic reassuring us that spiders are not as scary as many of us believe. While I never will be a lover of the species, I have a much better opinion of them than I did before I read this book. It's an easy to read, informative look at a species that is often misunderstood. I highly recommend you check it out.

2 of 2 people found the following review helpful.

Spiders can be our friends

By Sandra

I found this book very fascinating. Although I am not afraid of most spiders, I think it would be a good first step to conquering your fear. The author takes the approach of desensitizing the reader to his/her fear by learning to appreciate all the good spiders do. Being a gardener, I know I am glad to have spiders helping me to keep the bugs away.

I have heard that psychologists help people to ease there fears by slowly approaching the fear in steps. One of the first steps is to be able to look at a picture of the object you are afraid of. The author takes this approach with I think much success.

I would recommend this book to those afraid of spiders. This would be a good first step to ease into conquering your fear.

See all 9 customer reviews...

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