



Overcoming Animal & Insect Phobias: How to Conquer Fear of Dogs, Snakes, Rodents, Bees, Spiders & More

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Anthony, Martin, McCabe, Randi. Oakland, CA: New Harbinger Publications, Inc. , 2005. (Book, Online)

Audience: Patient or Public

Agency: BC Children's and Women's

*As the makers of blockbuster movies like *The Birds*, *Jaws* and *Arachnophobia* well know, animal fears are the most commonly reported phobias. Some 6 percent of Americans suffer from diagnosable animal phobia at any given time, and 11 percent will experience an episode at some time in their lives*