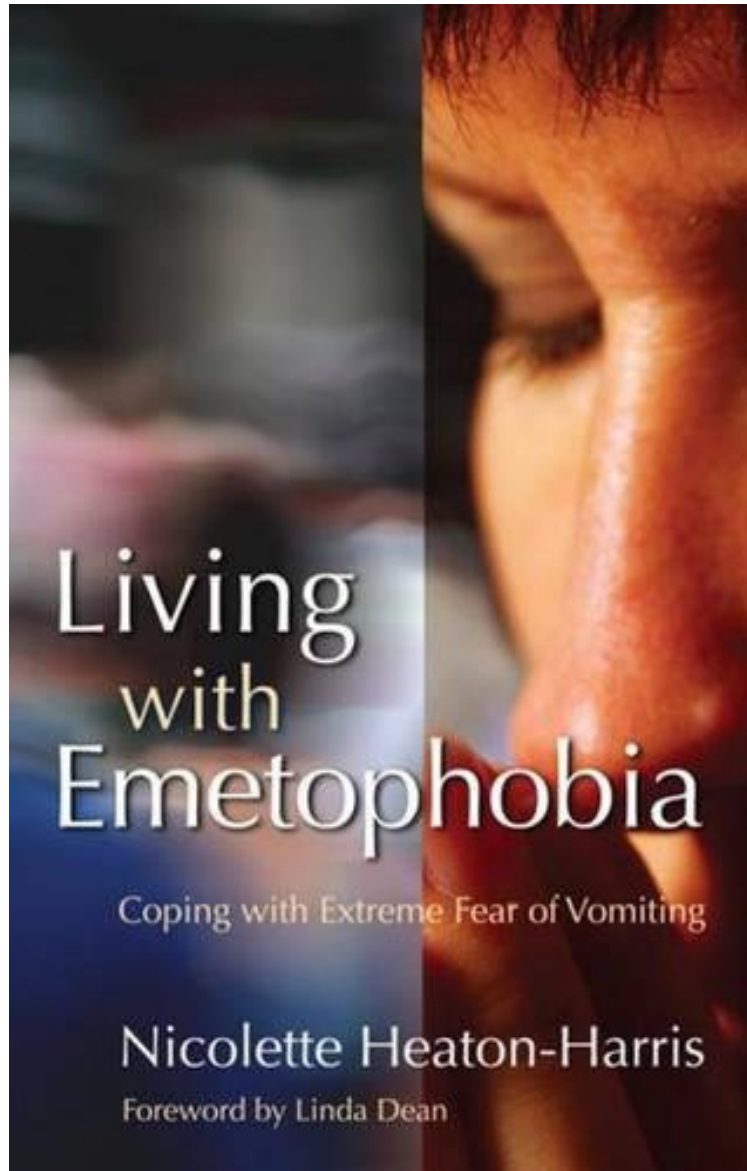


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Living with Emetophobia: Coping with Extreme Fear of Vomiting

Nicolette Heaton-Harris

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Nicolette Heaton-Harris : Living with Emetophobia: Coping with Extreme Fear of Vomiting before purchasing it in order to gage whether or not it would be worth my time, and all praised Living with Emetophobia: Coping with Extreme Fear of Vomiting:

0 of 0 people found the following review helpful. I would give it more than 5 stars if possible By nicole I had my incident that brought upon my phobia at the age of 8. Since then my life has been constant "what ifs", anxiety and

panic attacks. This book really hit home because I could have wrote it myself, meaning it was very on point. Just knowing there are others out there that think and feel the same way makes me feel better. This book is an easy read and it's easy to understand. It's great to share with trusted family and friends whom you want to let in on your phobia. I wish the other reviews gave more stars. In reality there is no cure or magic words to help us. But knowing we are not alone and there is a title to what we are dealing with is in itself a relief. I'm trying so hard to live a normal life. I'm now 32 years old and I live with my parents and I'm unemployed. For the better part of my life I spent most of my years going from psychiatrist to therapist and was loaded up on dozens of anti depressants and benzodiazepines (i.e. Xanax, Valium) it just made me into a monster. If you are reading this please know that it does get better with just coming to terms of acceptance. The key is to learn to live with it the best way you can but allow for yourself to know and respect your thoughts and feelings. I suggest if you are reading this that getting this book IS a good idea. Just holding it in your hands, or keeping it at your bedside to read for comfort is great. Maybe one day there will be a broader more understanding public knowledge of this. 20 of 20 people found the following review helpful. No help here! By pickymom I anxiously awaited the arrival of this book thinking it would help me cope with emetophobia, since part of the title is "coping with Extreme fear of Vomiting". Unfortunately, all this book is about is the author's and a few other's personal experiences with the phobia. If what you need is to know that there are others out there suffering with the same phobia, it's great, it describes every irrational thought I've ever had about vomiting and the problems that it causes in every day life. If what you need is a book to help people in your life understand what you go through, it's also good because it really describes every aspect of the phobia. If what you're looking for is a book that will help you deal with it, look elsewhere! 0 of 0 people found the following review helpful. It was alright By Elisha Marie This was a good book to read for anybody suffering with this phobia, but at the same time it's difficult to read in some parts due to the phobia itself. I think it was well written I just wish that it had more suggestions on how to help yourself overcome it or cope with it better.

" This book is an extremely easy read - no jargon or ambiguous clinical terms. It serves as an informative tool, by creating awareness through first hand accounts, which could be used by both sufferers and professionals." - Anxious Times `It is a highly readable book based largely on the experiences of the author I would highly recommend it to all emetophobes. Equally, I would recommend it to friends and family of sufferers because it will help non-sufferers understand why emets act in the way we do and, via fascinating insights into how our minds work, why we find certain situations very difficult to cope with.' -www.gut-reaction.freereserve.co.uk, June 2007 Emetophobia, the extreme fear of vomiting, can affect just about every aspect of sufferer's life, from everyday considerations (`what food will be "safe" for me to eat?') to matters that involve making huge, potentially devastating decisions (`I can't have this baby, I can't face morning sickness'). Nicolette Heaton-Harris has first-hand experience of the phobia and its effects. She suggests strategies for coping with the high levels of anxiety that are intrinsic to the phobia, as well as pre-empting and avoiding anxiety attacks. The experiences of fellow sufferers of all ages, male and female, are shared throughout the book and a list of useful organisations providing further information and support services is also included. Living with Emetophobia is a must-have for anyone suffering from emetophobia, anyone living with an emetophobic as well as professionals treating or supporting people with emetophobia.

About the Author Nicolette Heaton-Harris lives in Hampshire, UK, near the beach. A lifelong emetophobe and Coeliac sufferer, she has a particular interest in health, is the author of Teenage Pregnancy: A Parent's Guide and Children's Health: Combating Obesity, and also writes health stories for Patient UK.