



Help! I'm scared of Spiders !: How to help cure your Arachnophobia

Mr Michael Champion

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We've all been there. You go into a room and see a massive, humungous, breath-drawing, terrifying, hairy-legged Spider on the wall or ceiling. How do you deal with it? Do you panic frozen to the spot? Do you scream for help? Do you run away? Do you pick up a book or magazine and give the Spider a bashing? How you deal with it determines whether you have a fear or phobia. For some people having a phobia can be a life-changing phenomenon. It can make them feel sick or nauseous and even faint. It can give people panic attacks and increase both pulse rates and perspiration levels. This book is designed to help you with your fear of Spiders. We will take a look at why we get so scared of Spiders and how to help prevent it. We will look at types of Spiders so that you may recognise some of the dangerous varieties, which are more likely to give you a nasty bite. We will take a look at their habitat and how to help prevent Spiders from taking up residence in your home. What to do when you do come across one and how to safely remove it. We will then move on to how to start to cure your fear of Spiders, from ways to stop you panicking to methods of relaxation. By the end of the book, you should have a thorough understanding of Spiders, their habitats, traits and how to deal with them in your every day life! Unfortunately, it is a fact that Spiders outnumber us. We will come across them on a fairly regular basis.

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