

Phobias: The Psychology of Irrational Fear

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Combining popular appeal with accessibly written entries suitable for research projects, this fascinating encyclopedia provides a thorough introduction to the psychological and scientific aspects of phobias.

• Provides scientifically grounded, accessibly written content contributed by current leading researchers and clinicians in the area of phobias and anxiety disorders

• Covers a variety of the most common specific phobias, including fears of spiders, enclosed spaces, snakes, and heights

• Includes illustrative examples and case vignettes to bring the subject matter to life

• Supplies comprehensive coverage of scientific and clinical perspectives, with attention to historical, cultural, and popular contexts

• Enables readers to trace the history, theories, and practices associated with the study and treatment of phobias

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Editorial Review

Review
"The text serves multiple purposes as a quick reference source and as a starting point for in-depth research on phobias; it could also be used as a supplemental textbook for introductory psychology courses. The index allows readers to easily locate discussion about specific phobias that do not merit their own entries. This book fills a niche alongside related resources. . . . Summing Up: Recommended. Undergraduates through researchers/faculty; general readers; professionals/practitioners." - **Choice**

"This work would be useful to public libraries, as it provides introductory information for the layperson on concepts and theories related to phobias as well as information about the phobias themselves." - **Booklist**

About the Author

Irena Milosevic, PhD, is a clinical psychologist at the Anxiety Treatment and Research Centre at St. Joseph's Healthcare Hamilton and an assistant professor (part-time) in the Department of Psychiatry and Behavioural Neurosciences at McMaster University, both in Hamilton, Canada.

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