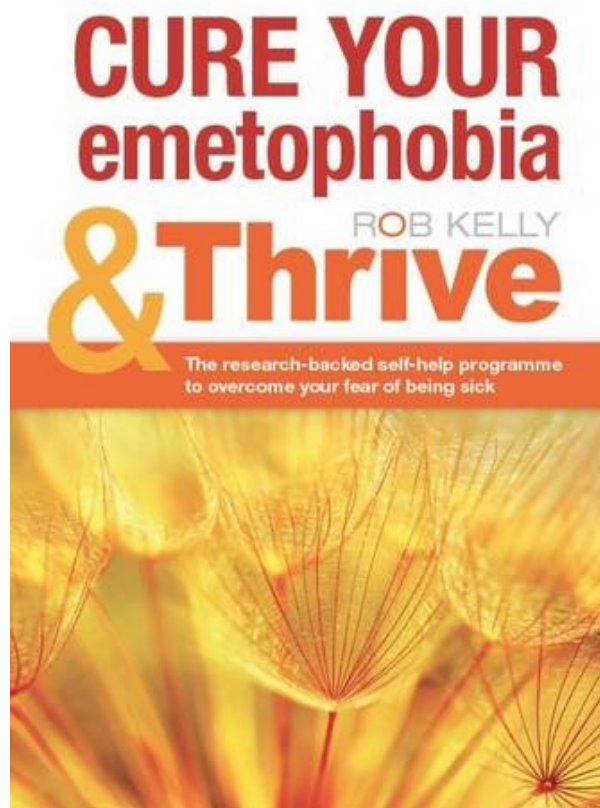
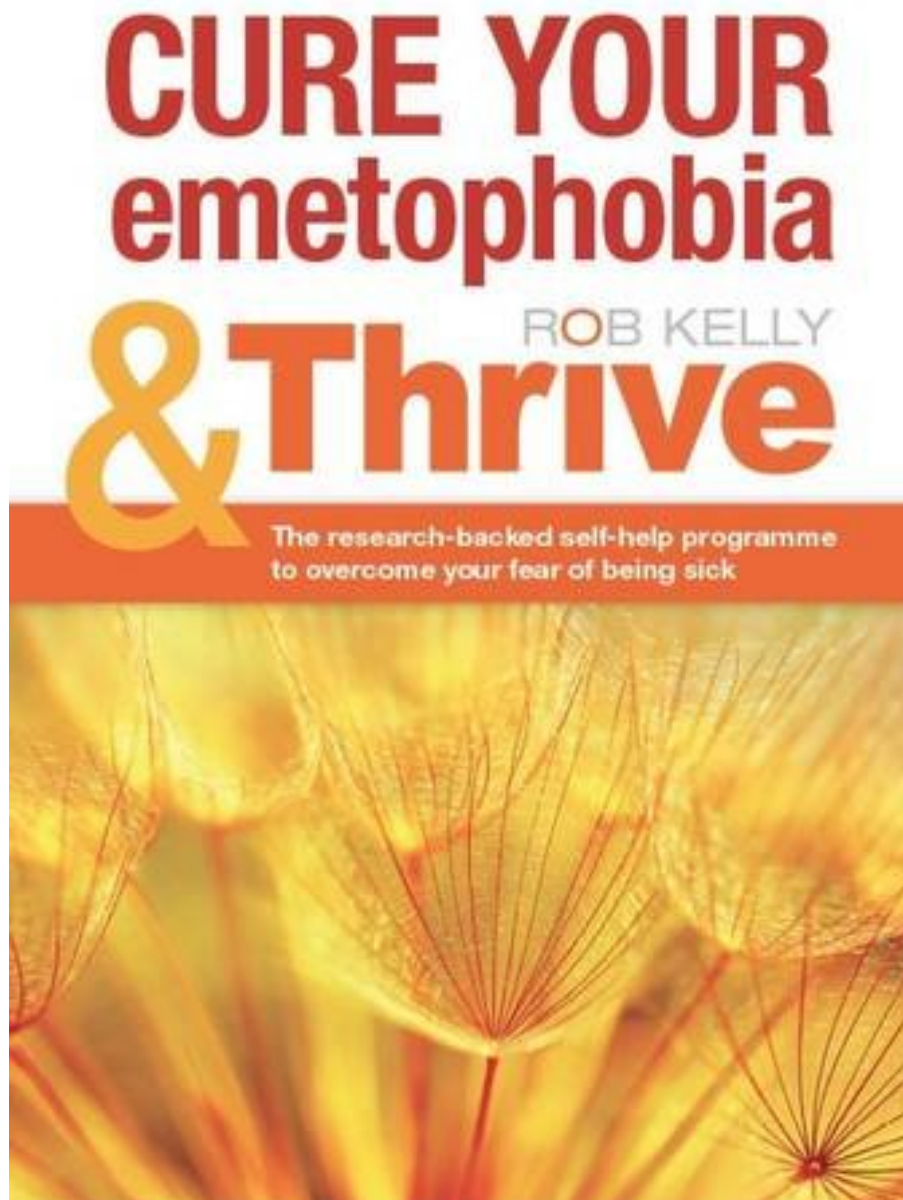


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# **CURE YOUR EMETOPHOBIA & THRIVE: THE RESEARCHED-BACKED SELF-HELP PROGRAMME TO OVERCOME YOUR FEAR OF BEING SICK BY ROB KELLY**

## **PDF**

Cure your emetophobia and Thrive, the research-backed self-help programme to overcome your fear of being sick. This book has been written at the request of numerous readers of my 'Thrive' book. I have helped hundreds of emetophobics over the last twenty five years, and supervised the helping of many hundreds of others. This programme is based on my Thrive Programme, but it has been redesigned and re-engineered for people with a specific fear of vomiting/fear of being sick. Including a discussion about all the major research studies into emetophobia, and including my own recent follow-up study of the last 30+ emetophobics I have helped. Where does emeto come from? Why are 90% of the sufferers women? Why is it such a huge phobia to have (probably the worst of all of the phobias)? Why do so many women suffer from it (about 5-8% of all women - to a greater or lesser extent) and yet they mostly keep it secret from their family and friends? Why does exposure therapy generally not work for emetophobes? What are the shortfalls of CBT? Why is the Thrive Programme so effective in helping emetophobes? All these questions, and much more, are thoroughly explored and answered. Included in the book - the biggest study of it's type - is feedback data from recent emetophobes we have helped. Childhood, parenting, anxiety, social phobia, depression, agoraphobia, OCD, obsessive brooding, hyper vigilance, black and white thinking are all described in detailed. More importantly, the book details a step by step programme that you can follow at home, which will enable you to finally overcome your fear/phobia, get on with your life, and positively THRIVE.

- Sales Rank: #156307 in Books
- Published on: 2013-03-20
- Dimensions: 11.57" h x .55" w x 8.43" l,
- Binding: Spiral-bound
- 190 pages

### Features

- Cure your emetophobia
- Research-backed self-help programme
- Overcome your fear of being sick
- Based on my Thrive Programme,

### Most helpful customer reviews

10 of 11 people found the following review helpful.

**SPOT ON! ROB KELLY!**

By N. Hallums

I have suffered from emetophobia since I was a little girl of 3. I am now 46 and over the years, I have searched for a way out of this self made prison- hoping that one day I would come across something that would really actually work. Well, a few weeks ago, my son (of which I waited to have until I was almost 40

because I was too scared) got really sick, instead of thinking that as the years progressed with him, I would become stronger- I broke and broke hard. That prompted me to get on line and start searching through my frustrated tears (as I had done countless times). There was just a small speck of hope that remained within me- and mostly for my son's sake at this point. But, that miraculous moment actually happened. I found Rob Kelly and his amazingly work and research that he has done to help so many people overcome- yes- overcome their emetophobia. I ordered the book and HE IS SIMPLY- SPOT ON. I came to find out that he knows me better than I know myself. I'm not completely through the program but I work daily on it page by page (along with my counselor) and I'm pleased to say - after all these years, I've finally found that the thing that is working.

2 of 2 people found the following review helpful.

I love that Rob knows me and he has never met ...

By Stefanie S.

I just received my book in the mail and have started reading. I love that Rob knows me and he has never met me! I will update on the site after I have completed the journey. I am truly amazed and grateful that there is a program for this phobia; I never knew it existed until recently and to know that there is proven help out there and a possible light at the end of the tunnel I am in awe and ready to not only live life like it should be lived, but to Thrive in it! Thank you Rob for writing a book that hits home for me and others!!

2 of 2 people found the following review helpful.

LOVE IT

By Mark J. Murray

I'm only half way through the book and I LOVE it! Where has this been all my life?? I hate this phobia, and this book has given me perspective as to how I've been digging myself deeper into a hole. It touches base on social anxiety and low self-esteem, which is a part of the reason we have emetophobia. I highly recommend this book to anyone who suffers with this irrational fear.

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