



# **Dentist Phobia - Fifteen Minute Therapy: 12 techniques that will cure a dental phobia or fear of going to the dentist in fifteen minutes or less**

*Mr James Brackin*

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To be finally be rid of your fear of dentists is easier than you think. That's because this phobia cure was featured in the UK National press in a controlled trial and was proven to cure a thirty year phobia in less than two hours. Now all of the techniques used then are available to you. How does it work? Imagine if you had access to a first aid kit that would treat your dental phobia easily and quickly. Something that was always there just in case of an emergency. That's the purpose of this book to give you practical techniques that will help you be rid of that old fear once and for all. In addition it will provide you a number of techniques so that you can, in time of need, pull a technique out and use it to make an immediate difference. And do that in seconds or minutes rather than hours or days because all the techniques work in less than fifteen minutes. Once used a few times most of the techniques will work instantly to remove any anxiety. All of the techniques in the book are also available as audio files so you can listen to them - just like a one-to-one session. If your fear of dentists has been getting worse over time then perhaps now is the time to reverse that trend.

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