

## FEAR NOT

At least two in 100 people, probably many more, suffer from phobias. These range from common fears, such as fear of flying and spiders, to social phobia, where sufferers hyperventilate and get hot and sweaty at the thought of entering a room full of people. Research has shown that hypnosis is an effective therapy for these and many other anxiety-related issues. The National Phobic Society has approved a new CD called *Phobic No More* by Ursula James, lecturer in clinical hypnosis at Oxford University Medical School. I also like another of her CDs called *Performance Enhancement*, which, as she says, 'helps you beef up the positive'. CDs cost £18, tel: 020 7262 1659 ([www.cleargoalconcept.com](http://www.cleargoalconcept.com)).



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## HEALTH NOTES



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