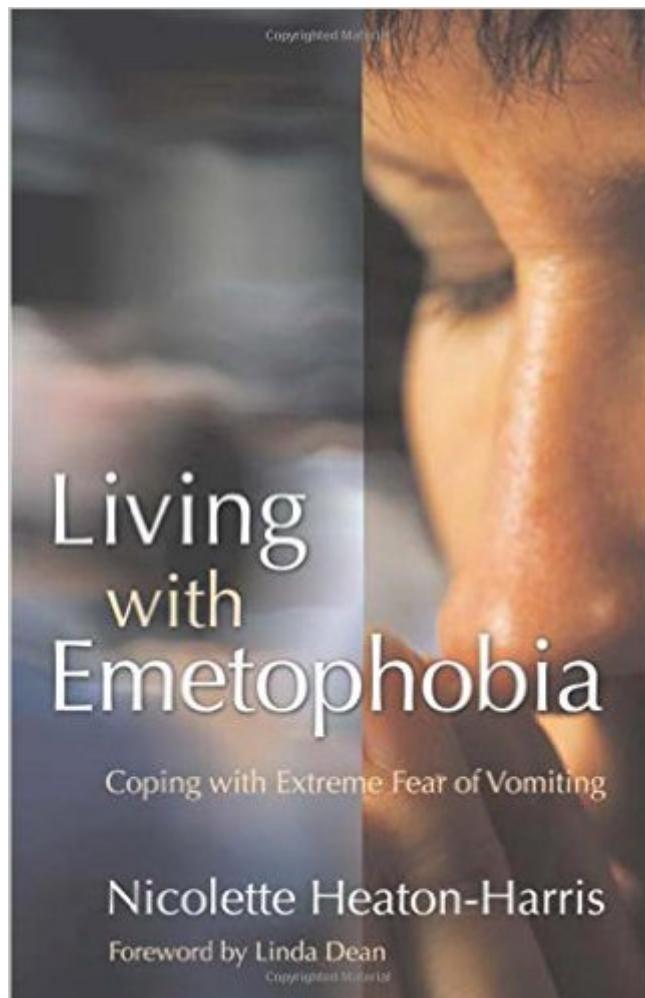


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# Living With Emetophobia: Coping With Extreme Fear Of Vomiting



## Synopsis

Emetophobia, the extreme fear of vomiting, can affect just about every aspect of sufferer's life, from everyday considerations ('what food will be "safe" for me to eat?') to matters that involve making huge, potentially devastating decisions ('I can't have this baby, I can't face morning sickness'). Nicolette Heaton-Harris has first-hand experience of the phobia and its effects. She suggests strategies for coping with the high levels of anxiety that are intrinsic to the phobia, as well as pre-empting and avoiding anxiety attacks. The experiences of fellow sufferers of all ages, male and female, are shared throughout the book and a list of useful organisations providing further information and support services is also included. "Living with Emetophobia" is a must-have for anyone suffering from emetophobia, anyone living with an emetophobic as well as professionals treating or supporting people with emetophobia.

## Book Information

Paperback: 160 pages

Publisher: Jessica Kingsley Pub; 1 edition (April 15, 2007)

Language: English

ISBN-10: 1843105365

ISBN-13: 978-1843105367

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 starsÂ  See all reviewsÂ  (12 customer reviews)

Best Sellers Rank: #1,308,328 in Books (See Top 100 in Books) #78 inÂ  Books > Law > Business > Banking #1401 inÂ  Books > Law > Foreign & International Law #1770 inÂ  Books > Textbooks > Social Sciences > Psychology > Developmental Psychology

## Customer Reviews

I anxiously awaited the arrival of this book thinking it would help me cope with emetophobia, since part of the title is "coping with Extreme fear of Vomiting". Unfortunately, all this book is about is the author's and a few other's personal experiences with the phobia. If what you need is to know that there are others out there suffering with the same phobia, it's great, it describes every irrational thought I've ever had about vomiting and the problems that it causes in every day life. If what you need is a book to help people in your life understand what you go through, it's also good because it really describes every aspect of the phobia. If what you're looking for is a book that will help you deal with it, look elsewhere!

I was shocked to find that there was actually going to be a book published about emetophobia, and ordered it a month before it was released. I was hoping for a little more advice, coping mechanisms, maybe just some reassurances that it's O.K. to be afraid, and that it's O.K. to medicate something that can't just be counseled away. I was hoping for a bit more in the experiences department as well. After years of not even knowing there was a name for the fear, and only having a few select message boards to communicate with other emets on, I thought maybe this would be a breakthrough. It is a good read, just because it's the only one dedicated only to emetophobia specifically, but it could have been done better. I would recommend that any emet buy a few copies, this is a must for any close friend or relative. I bought a few of them, I gave one to a friend that came to me after discovering I had a phobia to confide in me that he had the same fear, and I gave the other copies to my husband and my mother. It's been more helpful for the outsiders than for me, which is still a huge step in the right direction. For so long, when approaching a doctor or even a psychiatrist with this issue, we've all heard the famous line, "but nobody likes to puke". And it wasn't until I responded to my psychiatrist that he may be right about that, except he might have missed that one episode of Jerry Springer, but is everyone so afraid of it that when exposed to the situation they actually bring a loaded gun to their head? I then handed him a copy of the book. I'm not sure if it was my comment or the book that helped him comprehend that this was indeed a fear that had taken over my life, but either way, I'm thankful the book exists.

I was hoping this book would offer some ideas or inspirations on how to cope with emetophobia or at the very least how the author managed to overcome this debilitating phobia. Instead, it merely describes what us emetophobes already suffer on a daily basis.

This was a good book to read for anybody suffering with this phobia, but at the same time it's difficult to read in some parts due to the phobia itself. I think it was well written I just wish that it had more suggestions on how to help yourself overcome it or cope with it better.

Don't buy this book, it is basically a long definition of what emetophobia is. Doesn't even have one suggestion on how to fix it.

I just read it and have mixed feelings. As one of the only (that I know of) books that has been written on the subject, I own a copy because I don't know what other books really deal with this subject. In

some ways, I think it was really brave of this woman to write this book, especially because she suffers from this condition so bad. But on the other hand, I was hoping for more advice on how to deal with this problem. Instead it was mainly personal stories and antidotes. It did educate me very thoroughly on this subject, but didn't offer many if any solutions. I also had a problem with some of her views. For instance, she says that nearly all emets are dangerously underweight and that they will starve themselves, not eat food samples, etc. Well I consider myself to have a serious condition with this, yet I'm not dangerously underweight, I don't starve myself and I don't avoid food samples (the only reason I do now is because I was diagnosed with Celiac disease last spring and have to be on a very strict gluten free diet). The book also made me really sad and didn't give me much hope.

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