

It is the second most common specific phobia that exists. Skyscrapers, bridges, ladders — it is nearly impossible to avoid heights, causing many to experience paralyzing fear every day.

Do you know someone who is afraid of heights? Perhaps you're afraid of them yourself? If so, then you understand how powerful and irrational the fear is, popping up at the most inconvenient times, how it can cripple your will and disrupting your life.

Surprisingly, fear of heights (acrophobia) is one of the most treatable phobias. With a safe and effective exposure-based cognitive-behavioral program, most sufferers will experience relief from their fear after only a single session. ***Overcoming Fear of Heights***, the first book to specifically address this particular phobia, distills the most effective treatments for acrophobia into an easy-to-follow, effective program for overcoming fears for good.

Written by experts in the treatment of phobias, ***Overcoming Fear of Heights*** walks readers through simple steps to evaluating fearful thinking and making changes that can make it a memory. Readers are also given ways to avoid relapse and emergency strategies for panicky moments.

"Of course, just reading this book will not [change] your fear of heights ... The key to reducing your fear will be to carry out the exercises described here and to actually change the way you behave in response to your fear. Specific phobias (including height phobia) are quite treatable. With some effort, there is no reason why your own fear cannot become significantly reduced in a relatively brief period. Good luck!"

— Martin Antony & Karen Rowa,
from ***Overcoming Fear of Heights***

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
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**Overcoming Fear of Heights:
How To Conquer Acrophobia and Live a Life Without Limits
Martin Antony, Ph.D., and Karen A. Rowa, Ph.D.
May 2007; New Harbinger Publications; \$14.95; trade paper;
ISBN-10: 1-57224-456-9; ISBN-13: 978-1-57224-456-6; 152 pages;
www.newharbinger.com; 800-748-6273**

Praise for *Overcoming Fear of Heights*

"In the aftermath of the World Trade Center attacks, treatment for fear of flying has become more difficult, owing to increased security and restricted access to airplanes for persons in need of exposure therapy. *Overcoming Fear of Heights* thus fills a tremendous gap for people who suffer from this disabling fear. Antony and Rowa have done a masterful job with this book... A job well-done!"

—**J. Gayle Beck, Ph.D.**, is professor of psychology and associate chair of the Department of Psychology at the State University of New York, Buffalo.

"Antony and Rowa have written an excellent book for people who are afraid of heights, people who care about people who are afraid of heights, and people who would like to learn how to help people who are afraid of heights. The book provides clear and helpful instructions, based in the science of behaviour change, that are an excellent guide for those who wish to overcome their fears. Research tells us that there is a very effective treatment for the fear of heights, and this book contains the details."

—**Adam Radomsky, Ph.D.**, is associate professor of psychology at Concordia University in Montreal, QC.

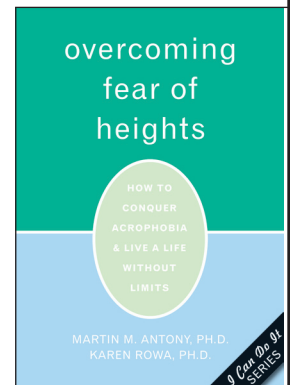
"The fear of heights can disrupt activities that most people take for granted, such as using an escalator, driving across a bridge, and enjoying the view from a balcony. Antony and Rowa have written a highly practical and easy-to-read book that is packed with strategies scientifically proven to help with overcoming this fear. Anyone with a fear of heights will benefit from this advice, as will the people who care about them."

—**Jonathan S. Abramowitz, Ph.D., ABPP**, associate professor of clinical psychology and director of the OCD and Anxiety Clinic at the University of North Carolina at Chapel Hill

About the Authors of *Overcoming Fear of Heights*

Martin Antony, Ph.D., is a professor in the Department of Psychology at Ryerson University in Toronto. He is also chief psychologist and director of the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton, ON. Dr. Antony has authored or coauthored eleven other books, including *When Perfect Isn't Good Enough*, *10 Simple Solutions to Panic*, *Overcoming Animal & Insect Phobias*, and *The Shyness & Social Anxiety Workbook*. Visit him at www.martinantony.com.

Karen A. Rowa, Ph.D., is a post-doctoral fellow at the Anxiety Treatment and Research Centre at St. Joseph's Healthcare and McMaster University in Hamilton, ON.



Suggested Interview Questions

1. How common is fear of heights? What is the difference between a "fear" and a "phobia"?
2. What is exposure therapy and what makes it so effective in treating specific phobias?
3. How soon after beginning exposure therapy can a patient with a phobia begin to see results?
4. Are the same results possible with a self-help book such as yours? Do you recommend your book be used along with therapy?
5. What is the first step in treating a patient with a specific phobia, such as fear of heights?
6. Have you ever seen a case so severe that the patient did not respond to exposure therapy?

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