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# Phobia Relief: From Fear To Freedom (Building Your Best Series Book 1)

*"Phobia Relief is an example of how the profound can be presented so simply and to the point—no big theory, no long pitch, just down to the what and how to do it."*  
—Dr. Richard Bandler, Co-Founder of NLP

## Phobia Relief

From Fear to Freedom



THE BUILDING YOUR BEST SERIES

Kalliope Barlis

Foreword by DR. RICHARD BANDLER



## Synopsis

Start Living the Life You Deserve Now. Recapture Lost Time and Build in Better Moments. "Phobia Relief is an example on how the profound can be presented so simply and to the point - no big theory, no long pitch, just down to the what and how to do it." — Dr. Richard Bandler, Co-Founder of NLP and Creator of Behavioral Technologies "You've got a wonderful story, You're fascinating - You have helped thousands of people overcome fears and phobias and move on to really greatness in their lives." — Jack Canfield, NY Times Bestselling author of Chicken Soup for the Soul All of us are born with two fears: the fear of falling and fear of loud noises. All the rest — fear of spiders, snakes, clowns, flying, close spaces, getting sick, dogs, needles — are learned and can be unlearned. In Phobia Relief: From Fear to Freedom, Kalliope Barlis offers step-by-step instructions for ridding yourself of illogical fears and phobias by using Neuro-Linguistic Programming (NLP) techniques. What she offers is education, not therapy, and the results can be absolutely liberating. "When you meet Kalliope, you feel as if you've known her forever. She dispels all your fears and allows you to see beyond today. It's that feeling of knowing how the future can look with the results you desire. Kalliope, you are truly a Godsend. Thank you!" — Joe Benjamin, Network Security Engineer By completing the exercises in this life-changing workbook you'll be able to: Learn the true cause of your phobias Gain control over formerly uncontrollable thoughts Shrink your fears and reverse them Stop visualizing what you don't want and start visualizing what you do want Find your purpose and build your best life ever Read Phobia Relief and embrace your life and purpose!

## Book Information

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## Customer Reviews

Kalliope is a masterful communicator, whose skills transcend the page. Wise and personal as you will think, "How does she know this is what I think, feel or experience with my phobia." It is as though she is in the space you inhabit neurologically and physically. And then she takes the reader or listener (the audio version is phenomenal) to the next level by providing engaging, methodical, thoughtful steps to successfully extinguish the phobia. Kalliope's visceral dedication and desire to help people achieve success in overcoming their phobias, and live their lives to the ultimate is palpable. It is inspiring and powerful for the reader. I keep a copy of Phobia Relief on my bed table for easy access, as it is the type of book that offers evolving and continuous pearls of wisdom and benefit each time I read or listen to it.

This book is absolutely wonderful. Simple, to the point and tells you how to help yourself with phobias in such a simple, concise way. I am already using some of the techniques Kalliope has suggested and they are helping me. You learn easily and quickly how to apply techniques to help yourself. I recommended this book to my therapist to recommend to her patients. Great book, I can't say enough about it. Thank you Kalliope Barlis. Having this book, is like having a therapist right in your home.

This book is fabulous. Kalliope Barlis not only makes it so easy to understand but also fun and easy to follow her instructions. She explains in everyday terms and situations how fears and phobias are generated inside our minds that can cause how we think of it to become greater than the fear itself. If you have never had the privilege of having worked with her coaching yet let me tell you that this book comes alive as if she is working with you in person. Until you have the opportunity to see her in private practice read this book and experience its benefits for yourself.

Kalliope Barlis takes the through-line of proven techniques of Dr. Richard Bandler and crystalizes them in a fast read that can show how anyone can make irrational fear a thing of the past. By simply reading along and being ready to let go of unwanted, fearful responses, a wonderful change could take place. Certainly going to see Kalliope (or any Licensed Practitioner of Neuro-Linguistic Programming) would put an end to the paralysis that interferes with living life with the level of positive and productive enjoyment we all deserve. A bargain price to change your life.

For those of us wanting to enjoy life, make the most of our experience - but our fears prevent us from our goals and dreams, this book is a must read! Discover the gateway to freedom and enjoy the journey.

Wonderful book, helped me get throu my phobia.I would recommend this book to anyone that has any phobia small or large.A must read!!

It takes someone who understands the topic deeply to explain it so clearly and simply. This book is an excellent intro into NLP and the magic of personal change. It contains very little theory - just enough to start using the techniques with confidence. Many NLP books nowadays are way too complicated and often sound more like psychology books. This book is delightfully simple. Think about it as a cookbook. You get just enough information to start cooking and you get very clear and easy-to-follow steps with all ingredients listed. Then it is you and your mind - your best playground. Read this book. Learn the principles. And embark on a magical adventure of relieving your fears. I highly recommend this book to anyone who want to achieve freedom from fears and start living their life with joy and a sense of purpose.

Have a Phobia? Then Read This and Find Help!! I was happy to get a copy of this amazing book from the author and what a gem of a read for those like myself who suffer from any type of phobia. I suffer from Agoraphobia and can tell you, using the tools and techniques shared in this amazing book work! Since applying them I have been able to do more outdoors and have no attacks and have been able to keep the "fear" that sneaks up on me at bay for me to follow through with what I need to do or get done out in public.It has been refreshing to go dinner with husband and enjoy a meal and his company without fear of having an attack.I have done much work and therapy to see a light at the end of this debilitating disorder tunnel, but after reading Kalliope's book and started using

much of the techniques and tips has transformed my life. The book is well written, easy to read and it works! So if you suffer from any phobia's? Do yourself a favor and read this book. It truly will help you and highly recommend it...Catherine Lyon

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