

Phobias

Approximately 10% of people suffer from some kind of phobia, which is the word used to describe an extreme fear of a particular thing or situation, especially when the fear doesn't seem to have a rational explanation.

The most common phobias include claustrophobia (fear of enclosed spaces), agoraphobia (fear of the outdoors and open spaces), arachnophobia (fear of spiders), glossophobia (fear of public speaking) and acrophobia (fear of heights).

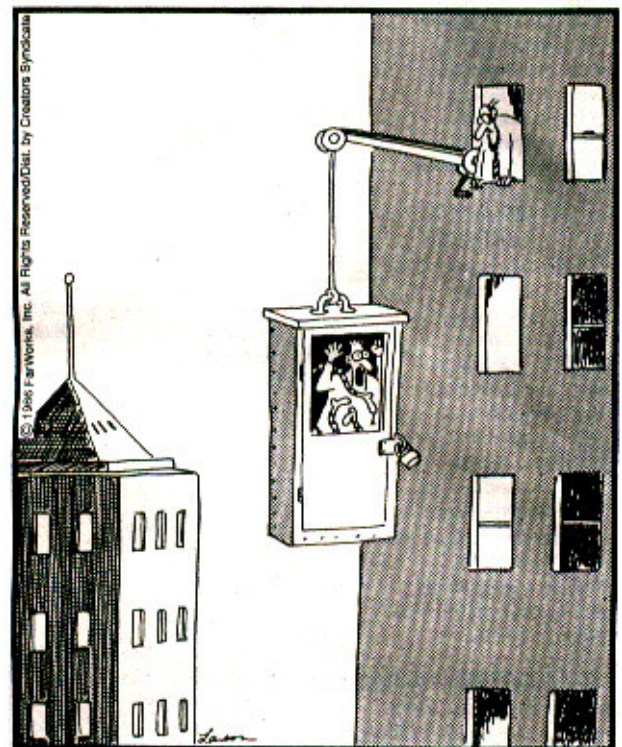
There are literally hundreds of recognized phobias, some of which might sound quite bizarre: for example, there is bibliophobia (fear of books), technophobia (fear of technology) and even peladophobia (fear of bald people)!

One of the strangest cases is that of the 35-year-old British woman Louise Arnold, who finds that she has to avoid restaurants and the frozen foods section of supermarkets. Why? Because of her fear of . . . peas. Other people might see peas as a small and nonthreatening vegetable, but Mrs. Arnold can't stand being in the same room as them.

When someone is seen as being lazy, you've probably heard people suggest that he or she is afraid of work-well, as you might have guessed, that's a condition that really does exist—it's called "ergophobia".

The MOST COMMON PHOBIAS

Object of Phobia	Medical Term
1 Spiders	arachnophobia
2 People	sociophobia
3 Flying	aviatophobia
4 Open spaces	agoraphobia
5 Confined spaces	claustrophobia
6 Heights	acrophobia
7 Vomiting	emetophobia
8 Cancer	carcinophobia
9 Thunderstorms	brontophobia
10 Lightning	astraphobia
11 Typhoons	anemophobia
12 Death	necrophobia
13 Heart Disease	cardiophobia
14 Snakes	ophidiophobia
15 Ghosts	phasmophobia
16 Injections	trypanophobia



Professor G and his controversial technique of confronting the fears of heights, snakes, the dark and confined spaces all at once.