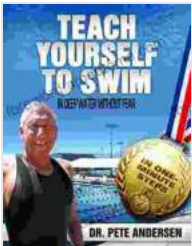


# Teach Yourself to Swim in Deep Water Without Fear



## TEACH YOURSELF TO SWIM IN DEEP WATER WITHOUT FEAR: IN ONE MINUTE STEPS

by Dr. Pete Andersen

★★★★☆ 4 out of 5

Language	: English
File size	: 14431 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 114 pages
Lending	: Enabled



Are you afraid of deep water? Do you avoid swimming pools or the ocean because you're afraid of drowning? If so, you're not alone. Millions of people around the world suffer from aquaphobia, the fear of water. But aquaphobia is a treatable condition. With the right help, you can overcome your fear and learn to swim with confidence.

This book will teach you everything you need to know to overcome your fear of deep water and swim with confidence. You'll learn about the different types of aquaphobia, how to cope with your fear, and how to develop the skills you need to swim safely in deep water.

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- Chapter 1: Understanding Aquaphobia

- Chapter 2: Coping with Your Fear
- Chapter 3: Developing Your Swimming Skills
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## **Chapter 1: Understanding Aquaphobia**

Aquaphobia is a specific phobia, which is a type of anxiety disorder. Specific phobias are characterized by an intense fear of a specific object or situation. In the case of aquaphobia, the fear is of water. People with aquaphobia may experience a range of symptoms, including:

- Anxiety
- Panic attacks
- Shortness of breath
- Heart palpitations
- Sweating
- Nausea
- Vomiting
- Dizziness
- Lightheadedness
- Fainting

Aquaphobia can be caused by a variety of factors, including:

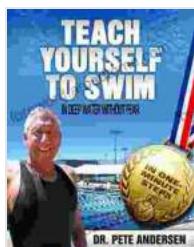
- A negative experience with water, such as nearly drowning

- Seeing someone else drown
- Hearing stories about drowning
- A fear of the unknown
- A fear of losing control

## Chapter 2: Coping with Your Fear

If you have aquaphobia, there are a number of things you can do to cope with your fear. These include:

- **Exposure therapy.** This is a type of therapy that gradually exposes you



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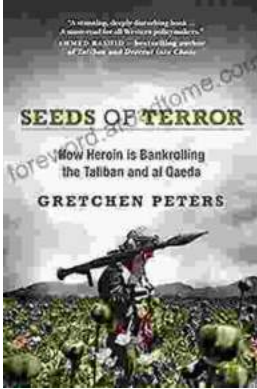
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