



# Fear, Avoidance, and Phobias: A Fundamental Analysis

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The first volume to comprehensively address aversively motivated events and behavior in almost 20 years, Fear, Avoidance and Phobias presents updated and expanded research in this complex and important area. Nearly every aspect of research on fear and its removal is covered to some extent in this text including: learned helplessness, phobias, self-punitive behavior, conditioned analgesia, taste aversions, math models, fear systems in the brain, two-factor theory of avoidance, relaxation/relief, memory for aversive events, and conditioned inhibition of fear and its extinction.

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