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Sommario/riassunto	Emetophobia, the extreme fear of vomiting, can affect just about every aspect of sufferer's life, from everyday considerations ('what food will be safe" for me to eat?') to matters that involve making huge, potentially devastating decisions ('I can't have this baby, I can't face morning sickness'). Nicolette Heaton-Harris has first-hand experience of the phobia and its effects. She suggests strategies for coping with the high levels of anxiety that are intrinsic to the phobia, as well as pre-empting and avoiding anxiety attacks. The experiences of fellow sufferers of all ages, male and fe

