

An Abundance of Experience, Empathy and Encouragement Anchors New Book by Accomplished Massachusetts Dentist

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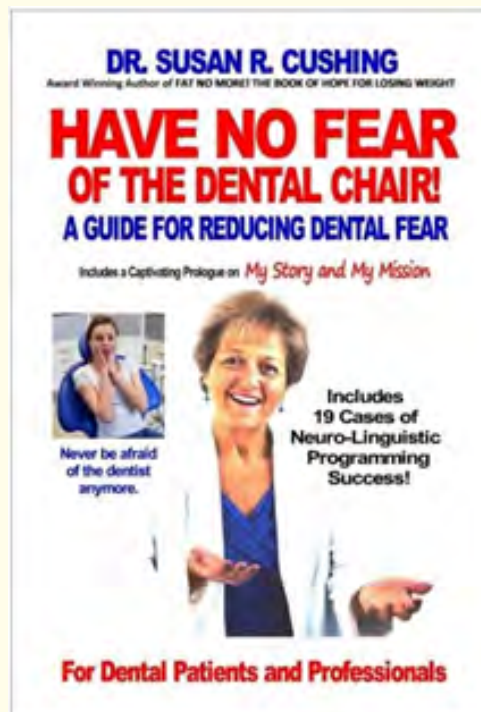
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Her Mission of Helping Millions Cope and Reduce Their Fear of the Dental Chair

When "Little Suzy" was growing up in a modest middle class family, she experienced the normal challenges and fears associated with childhood and adolescence. Many such challenges simply require allowing Mother Nature to take her course. With time, she overcame most of her childhood fears with experience and maturity.



However, the one fear that haunted "Little Suzy" throughout her early life is the one that also haunts millions of others --- the fear of climbing into the dental chair. Today, this kind of fear is related to what is called dental anxiety and dental phobia. Both are extremely

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common. It is estimated that 9% to 15% of Americans avoid seeing the dentist because of anxiety and fear. That's about 30 million to 40 million people whose health, appearance and overall quality of life is adversely affected due to this condition.

In her new book titled, *Have No Fear of the Dental Chair! A Guide for Reducing Dental Fear*, "Little Suzy," now Dr. Susan R. Cushing, tells the story of her childhood fear of dentists and finding a compassionate dentist who understood her and propelled her to find her personal mission of helping patients like herself. *Have No Fear of the Dental Chair!* is a distinctive and practical guide written to provide both fearful patients and dental professionals with valuable and proven insights.

Dr. Cushing's compassion and understanding for the multitudes of people struggling with dental anxiety clearly resonates in both her personal story and the professional guidance she provides in this entertaining and educational book. Her goal and mission is to help millions cope and reduce their fear of the dental chair.

Dr. Cushing graduated Cum Laude from Boston College and earned her DMD degree from Tufts University Dental School in Boston, Massachusetts. Dr. Cushing is also the author of *Fat No More! The Book of Hope for Losing Weight* which was published in 2014. In *Fat No More!* she shares her lifelong struggle with obesity and chronicles her trials & tribulations and her eventual success of losing over 85 pounds and keeping it off for many years.

Have No Fear of the Dental Chair! A Guide for Reducing Dental Fear is published by RICHER Press. The book will be released and globally distributed in April 2016. RICHER Press books are available through Amazon.com, Barnes & Noble.com and wherever quality books are sold. Learn more at www.richerlifellc.com.

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