

# Leading New York Dentists at Smile in the City Publish Book on Overcoming Fear of Dentist

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Smile in the City Shares the Expertise of Leading New York Dentists with Informative, Instructional Book, 'The Fearless Smile: Overcoming Dental Phobia'

/EINPresswire.com/NEW YORK CITY - New York's leaders in IV sedation dentistry at Smile in the City recently [published a book](#) intended to help dental patients conquer dental anxiety and phobias, which can often prevent patients from getting the dental care they need. The book is called "The Fearless Smile: Overcoming Dental Phobia" and is published by CreateSpace. The co-authors include Dr. Nargiz Schmidt, DDS; Dr. Joseph Zelig, DDS; and Dr. Robert H. Reiner, Ph.D.

"Too often, people dismiss dental phobias as untreatable or not serious, resulting in patients opting out of treatments that could significantly improve their lives," Dr. Zelig said. "There is a lack of resources for people suffering from dental phobia, and many patients don't know that help is available. We've put together this book to discuss options for behavioral therapy, sedation dentistry and more."

"The Fearless Smile" includes anecdotes demonstrating how patients have overcome debilitating fears of the dentist office, as well as recommendations for products that help to limit fear while improving overall dental health.

Smile in the City is widely renowned for its advanced dental services, such as laser periodontics and IV sedation, designed to limit patient pain during dental procedures. The top team of New York cosmetic dentists offers multiple cosmetic options, including dental implants, teeth whitening, full mouth reconstruction and more.

"For patients in need of dental treatment, this book can make a life-changing difference," Dr. Zelig said. "A person should never be paralyzed by anxiety, especially when dental health and self-esteem are at stake."

About Smile in the City: Smile in the City (<http://www.smileinthecity.com>) is a Manhattan-based dental practice dedicated to providing the best in cosmetic dentistry. New York patients can receive the latest in laser dental procedures and periodontal treatments from a top Manhattan cosmetic dentist at Smile in the City.

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<http://www.smileinthecity.com/>

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