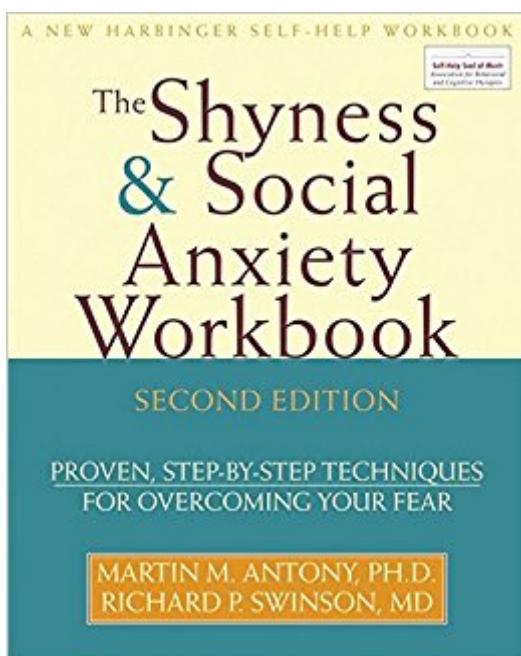


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# Shyness And Social Anxiety Workbook: Proven, Step-by-Step Techniques For Overcoming Your Fear



## **Synopsis**

There's nothing wrong with being shy. But if social anxiety keeps you from forming relationships with others, advancing in your education or your career, or carrying on with everyday activities, you may need to confront your fears to live an enjoyable, satisfying life. This new edition of The Shyness and Social Anxiety Workbook offers a comprehensive program to help you do just that. As you complete the activities in this workbook, you'll learn to: Find your strengths and weaknesses with a self-evaluation Explore and examine your fears Create a personalized plan for change Put your plan into action through gentle and gradual exposure to social situations Information about therapy, medications, and other resources is also included. After completing this program, you'll be well-equipped to make connections with the people around you. Soon, you'll be on your way to enjoying all the benefits of being actively involved in the social world. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit â " an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

## **Book Information**

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## **Customer Reviews**

â œSocial anxiety and shyness can become so intense that they prevent people from enjoying life. This book is ideal for anyone who wants to learn to be more comfortable around other people. Drs.

Antony and Swinson have taken proven treatments for social anxiety and adapted them for a non-professional audience. The step-by-step strategies described in this book have been shown to be effective, are easy to understand, and are sure to help the reader cope better in social situations. Anyone who experiences significant anxiety when performing or when interacting with other people should read this book! • "Aaron T. Beck, MD, university professor of psychiatry at the University of Pennsylvania • "If you have trouble with social anxiety, you will find the book by Drs. Antony and Swinson to be an excellent resource. This highly experienced duo has provided an excellent road map to guide you through your efforts to overcome your anxiety and improve the quality of your life. Based on the tried and true methods of cognitive-behavioral therapy and on the results of many scientific studies, the techniques described in this book will help you feel better when you are with other people or the center of attention. The only thing you have to do is work hard and apply them. Best wishes for your journey along that road." • "Richard Heimberg, Ph.D., director of the Adult Anxiety Clinic of Temple University, Philadelphia • "Drs. Antony and Swinson provide practical advice in a highly readable format. This book will be invaluable to people whose social anxiety prevents them from leading full and happy lives." • "Murray B. Stein, MD, professor of psychiatry and director of anxiety and traumatic stress disorders program at the University of California, San Diego • "This is an excellent resource written by world-renowned and skilled clinicians and researchers in the area of anxiety disorders. Drs. Antony and Swinson present the most up-to-date information about social anxiety and its treatment in a way that is clear and, most importantly, that provides step-by-step tools for overcoming this disorder. This is a must-read for persons suffering with social anxiety." • "Michelle G. Craske, Ph.D., professor of psychology at the University of California, Los Angeles • "This workbook by Antony and Swinson gives the millions of people whose lives are limited by social fears the hope to control their future. The book is clear, practical, easy to follow, and, above all, based on solid, scientific ground. The sections on troubleshooting are especially valuable to really help fine-tune the techniques. I would strongly recommend this book to anyone who is serious about overcoming their social fears." • "Ronald M. Rapee, Ph.D., professor of psychology at Macquarie University, Sydney, Australia, author of Overcoming Shyness and Social Phobia • "This volume, written by a team composed of a psychologist and a psychiatrist, is an outstanding workbook for any individual suffering from social anxiety or shyness and wishing to undertake a structured self-help program to overcome it. The book can be used alone or in conjunction with therapy. The authors are experts in their field and they offer strategies that are solidly grounded in the latest research literature. The workbook format provides readers with the exercises and worksheets they need to do the difficult work required to overcome their shyness and

social anxiety. • Jacqueline B. Persons, Ph.D., director of the San Francisco Bay Area Center for Cognitive Therapy and clinical professor in the department of psychology at the University of California, Berkeley

This new edition of The Shyness and Social Anxiety Workbook offers a comprehensive program to help shy people confront their fears and become actively involved in the social world. The activities in this workbook help readers find their strengths and weaknesses, explore and examine their fears, and create personalized plans for change. Information about therapy, medications, and other resources is also included.

I hope this review gets someone to buy this book. I am 45 and developed pretty intense social anxiety late in life. I had no idea what was going on, though. I was beginning to think I was just a nut and I was pretty hopeless. I had, over the years, searched on the Internet and never stumbled on "social anxiety" before. When I did, it was as if I was reading a transcript of what was going on in my head every day. All my quirks, fears, hang ups etc. were textbook examples of what defines SAD. I immediately bought about 7 books on the topic. This book so far has changed my entire outlook the most, almost instantly. I hope I am not jumping the gun, but I feel like a huge weight has been lifted, realizing that virtually every oddball symptom I have exhibited is actually quite common. Not wanting to eat in front of others, poor eye contact, assuming others are focused on my every move and mistake. All of these symptoms are very common for the disorder and quite manageable once you start dissecting what is going on in your mind. Cannot be happier I made this purchase.

## GREAT HEALING INFORMATION

Extremely clear and very relate-able!

Not what I was looking for but it's a good work book otherwise.

Hopefully this workbook will assist in the maintenance of my social anxiety and shyness. I haven't gotten through much of it yet but it seems to know exactly what I'm experiencing.

Excellent workbook. I purchased the Kindle addition, but got this since it was a "workbook."

Very very helpful. I just wish I had more courage to start the exercises. But it's all very practical and useful.

The Shyness and Social Anxiety Workbook met y every expectation. The explanations and exercises were very helpful for my clients. Thank you.

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Free Yourself from Fear (New Harbinger Self-Help Workbook) The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self

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