

THE SHYNESS SOCIAL ANXIETY WORKBOOK



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The Shyness and Social Anxiety Workbook NewHarbinger.com

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, PhD, director of the Cognitive Behavior Therapy and Science Center in Oakland, CA, and clinical professor in the department of psychology at the University

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Social anxiety disorder is the fear of situations that involve interaction with other people - ranging from anxiety that terrifies before a scheduled public appearance, to shyness that leads to withdrawal from contact at a casual social event.

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The Shyness Social Anxiety Workbook Jennifer Shannon

The worksheets and exercises in The Shyness and Social Anxiety Workbook for Teens will help you learn to handle awkward social situations with grace and confidence, so you can make real connections with people you want to get to know. Based in proven-effective cognitive behavioral therapy (CBT), the skills you learn will also help you speak up

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The Mindfulness Acceptance Workbook for Social Anxiety Shyness

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in chapters 1 & 2. 2 Values and Goals Read, and do the exercises, in chapter 3. Note: The Values and Goals Worksheet can be revised if

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