

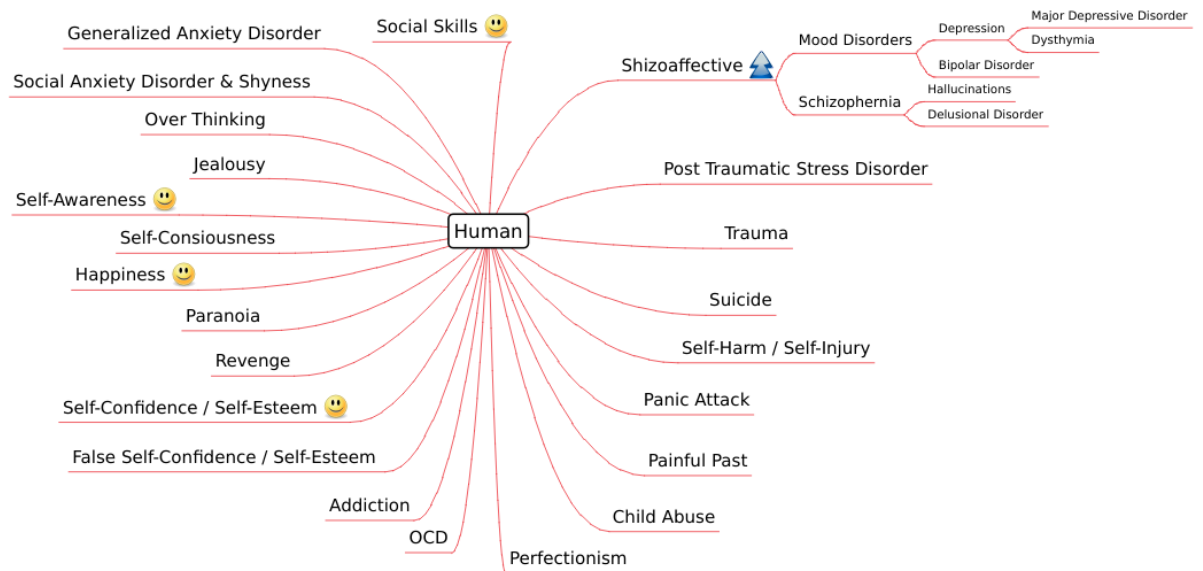
# *Best Books for Human Emotions & Disorders*

Written by Volunteers

July 12, 2021

1. Social Skills
2. Generalized Anxiety Disorder
3. Social Anxiety Disorder & Shyness
4. Overthinking
5. Jealousy
6. Self-awareness
7. Self-consciousness
8. Happiness
9. Paranoia
10. Revenge
11. Self-confidence / Self-esteem
12. False Self-confidence / Self-esteem
13. Addiction
14. OCD
15. Perfectionism
16. Child Abuse
17. Painful Past

18. Panic Attack
19. Self-harm / Self-injury
20. Suicide
21. Trauma
22. Post Traumatic Stress Disorder
23. Shizoaffective
24. Shizophrenia
25. Hallucinations
26. Delusional Disorder
27. Major Depressive Disorder
28. Dysthymia
29. Bipolar Disorder



If you want to contribute, read these considerations:

1. The author should have a PhD degree in related topic
2. The author should be an expert in that field
3. The author's methods must be applicable

## *Social Skills*

*The Social Skills Guide Book*

*How to Win Friends and Influence People*

*Conversationally Speaking*

*How to Speak, How to Listen*

*\* Additional \**

*Improve your Social Skills*

## *Generalized Anxiety Disorder*

*Generalized Anxiety Disorder Work Book: A Comprehensive CBT Guide*

*Rewire your Anxious Brain*

*\* Additional \**

*Cognitive Behavioral Anxiety Disorder Treatment for Generalized*

*The Anxiety and Worry Workbook: The Cognitive Behavioural Solution*

*Generalized Anxiety Disorder: Advances in Research and Practice*

## *Social Anxiety Disorder & Shyness*

*The Shyness & Social Anxiety Workbook*

*Overcoming Social Anxiety & Shyness*

# *Overthinking*

*The Worry Trick*

*Soundtracks: The Surprising Solution to Overthinking*

# *Self-confidence / Self-esteem*

*The Confidence Gap*

*The Self-confidence Workbook*

*\* Additional \**

*Self-esteem: A Proven Program of Cognitive Technique*

*How to be yourself*