

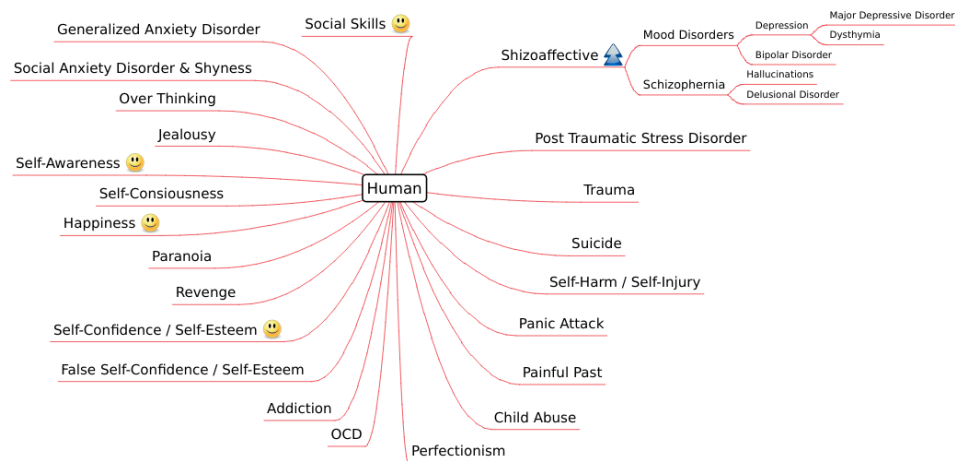
Best Books for Human Emotions & Disorders

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