



Overcoming Social Anxiety and Shyness Self-help Course: Part Three

By Gillian Butler

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Social Anxiety and Shyness Self-help Course: Part Three, Gillian Butler, This is a practical and easy to use workbook. Since it was first published in 1999, Gillian Butler's "Overcoming Social Anxiety and Shyness" has helped thousands of sufferers with this common problem and gained the respect of therapists and patients alike for its practical and friendly approach and is recommended on the NHS self-help scheme "Books on Prescription". This classic title has been adapted and is now available as a new large format edition available in three parts. Designed to run alongside the books, it places an emphasis on the more practical and interactive elements, with multiple worksheets and exercises to be completed on the page. Ideal for anyone to work through alone or with guided assistance, the new "Overcoming Social Anxiety and Shyness Self-Help Course" is a complete, step-by-step treatment providing the reader with the necessary skills to overcome social anxiety and shyness.



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