

A NEW HARBINGER SELF-HELP WORKBOOK

**Self-Help Book Recommendation**  
CHOSEN BY AMERICAN PSYCHIATRIC  
ASSOCIATION, NATIONAL  
AND COGNITIVE THERAPIST

# The Shyness & Social Anxiety WORKBOOK

THIRD EDITION

PROVEN, STEP-BY-STEP TECHNIQUES  
FOR OVERCOMING YOUR FEAR

MARTIN M. ANTONY, PhD  
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— MORE THAN 75,000 COPIES SOLD —

Martin M. Antony PhD and

## The Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear



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Right now there's This fully revised and updated third edition incorporates breakthrough new research and approaches for overcoming social phobia, including a new chapter on mindfulness-based treatments, updated information on medications, and a synopsis of treatment-improving technological advances. But if shyness or public stress and anxiety helps to keep you from building meaningful associations with others, advancing in your education or profession, or simply living your best life, The Shyness and Sociable Anxiety Workbook gives a comprehensive program to assist you confront your fears and be actively mixed up in world. If you are shy or socially anxious, you may dread going to parties, speaking in front of crowds or people you don't know, going to work interviews, and other critical life circumstances. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—t alone. Actually, studies show that millions of people have problems with a social panic. However, you can't hide from some social circumstances—I end up being well-equipped to create connections with individuals around you. Nevertheless, you don't're ready to confront your fears to live an enjoyable, satisfying life, this fresh edition of The Shyness and Public Anxiety Workbook presents a comprehensive program to help you get started. The good thing is you can find proven-effective techniques you can begin using right aside to greatly help ease your nervousness or shyness and begin living the life span you were meant to live: a lifestyle where fear doesn't What exactly are you looking forward to? s nothing wrong with being shy. Used only or together with therapy, our books present powerful tools readers can use to jump-start adjustments in their lives. I learn to look for your strengths and weaknesses using self-evaluation, explore and test your fears, develop a personalized arrange for change, and put your plan into actions through gentle and gradual contact with the very social situations that cause you to feel uneasy. After completing the program, you no matter how much you desire you could. Soon, you'll be on your way to enjoying all the great things about being actively involved in the social globe. If you't need to continue suffering silently. t block the way of reaching your goals. You aren't an award bestowed on excellent self-help books which are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested approaches for overcoming mental health difficulties. As you complete the activities in this workbook, you'



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the recipient has found it helpful. I function in the mental health profession and have only had positive feedback upon this workbook. Functions both in a medical establishing or as a self-help book. An extremely helpful publication!Thumbs up! A Very Helpful Book This book is helping me overcome my shyness Five Stars I acquired it as something special; An extremely helpful book!



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