



Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming your Fear

Martin M. Antony PhD, Richard Swinson MD FRCPC FRCP

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There's nothing wrong with being shy. But if social anxiety keeps you from forming relationships with others, advancing in your education or your career, or carrying on with everyday activities, you may need to confront your fears to live an enjoyable, satisfying life.

This new edition of **The Shyness and Social Anxiety Workbook** offers a comprehensive program to help you do just that. As you complete the activities in this workbook, you'll learn to:

- Find your strengths and weaknesses with a self-evaluation
- Explore and examine your fears
- Create a personalized plan for change
- Put your plan into action through gentle and gradual exposure to social situations

Information about therapy, medications, and other resources is also included. After completing this program, you'll be well-equipped to make connections with the people around you. Soon, you'll be on your way to enjoying all the benefits of being actively involved in the social world.

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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