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“ Social anxiety and shyness can become so intense that ...

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1. Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming your Fear. Author: Martin M. Antony PhD. This is my favorite book for shyness and social anxiety. Unlike many other books on the topic I ' ve read, it isn ' t trivializing. It ' s shows understanding of wherever your current starting point is.

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The Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear (A New Harbinger Self-Help Workbook) Paperback – December 1, 2017. by Martin M. Antony PhD (Author), Richard P. Swinson MD (Author) 4.5 out of 5 stars 191 ratings. Part of: New Harbinger Self-Help Workbook (73 Books)

The Shyness and Social Anxiety Workbook: Proven, Step-by ...

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This workbook from Martin M. Antony, Ph.D., and Richard P. Swinson, MD, will educate you about social anxiety, its causes, the common symptoms and experiences, and ways to tackle it.

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The workbook format provides readers with the exercises and worksheets they need to do the difficult work required to overcome their shyness and social anxiety." - Jacqueline B. Persons, PhD , director of the San Francisco Bay Area Center for Cognitive Therapy and clinical professor in the department of psychology at the University of California, Berkeley

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