

Date:

Anxiety, Panic, Stress & Fear

2.7

Title: **Overcoming Social Anxiety And Shyness**

Author(s): **Butler**

Publisher: **Robinson**

Year: **1999** ISBN: **1854877038**

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Stress & Fear 2.7

- **Useful for those who often feel embarrassed or low in confidence, but also relevant for their families, friends and health professionals**
 - **Explains why social anxiety and shyness happens**
 - **Introduces cognitive behavioural techniques to describe how the reader can use more helpful patterns of thoughts and behaviour to deal with social anxiety**
 - **Includes real-life examples and useful self-help thought diaries, which can be used as the reader works through the guide.**
- Easy-to-use, but quite a long read with lots of text.**

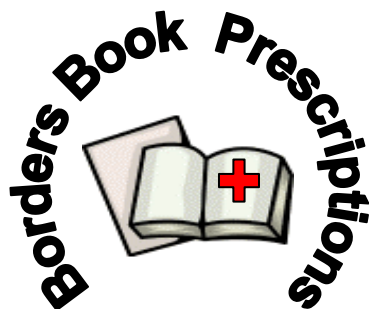
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