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5/12/2017 · Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear 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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Social anxiety disorder is the fear of situations that involve interaction with other people, ranging from the performance anxiety experienced by some when they are scheduled to appear in front of an audience to the shyness that leads others to withdraw from contact at social events. The good news is that not only is social anxiety treatable, but the treatment success rate is 90 percent for ...

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overcoming your fears / Martin M. Antony, Richard P. Swinson.
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by Martin M. Antony PhD and Richard P. Swinson MD, who together have written over 20 self-help books on social anxiety and other disorders.

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