



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

By Martin M. Antony PhD, Richard P. Swinson MD



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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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Editorial Review

Review

“Social anxiety and shyness can become so intense that they prevent people from enjoying life. This book is ideal for anyone who wants to learn to be more comfortable around other people. Drs. Antony and Swinson have taken proven treatments for social anxiety and adapted them for a non-professional audience. The step-by-step strategies described in this book have been shown to be effective, are easy to understand, and are sure to help the reader cope better in social situations. Anyone who experiences significant anxiety when performing or when interacting with other people should read this book!”

—Aaron T. Beck, MD, university professor of psychiatry at the University of Pennsylvania

“If you have trouble with social anxiety, you will find the book by Drs. Antony and Swinson to be an excellent resource. This highly experienced duo has provided an excellent road map to guide you through your efforts to overcome your anxiety and improve the quality of your life. Based on the tried and true methods of cognitive-behavioral therapy and on the results of many scientific studies, the techniques described in this book will help you feel better when you are with other people or the center of attention. The only thing you have to do is work hard and apply them. Best wishes for your journey along that road.”

—Richard Heimberg, Ph.D., director of the Adult Anxiety Clinic of Temple University, Philadelphia

“Drs. Antony and Swinson provide practical advice in a highly readable format. This book will be invaluable to people whose social anxiety prevents them from leading full and happy lives.”

—Murray B. Stein, MD, professor of psychiatry and director of anxiety and traumatic stress disorders program at the University of California, San Diego

“This is an excellent resource written by world-renowned and skilled clinicians and researchers in the area of anxiety disorders. Drs. Antony and Swinson present the most up-to-date information about social anxiety and its treatment in a way that is clear and, most importantly, that provides step-by-step tools for overcoming this disorder. This is a must-read for persons suffering with social anxiety.”

—Michelle G. Craske, Ph.D., professor of psychology at the University of California, Los Angeles

“This workbook by Antony and Swinson gives the millions of people whose lives are limited by social fears the hope to control their future. The book is clear, practical, easy to follow, and, above all, based on solid, scientific ground. The sections on troubleshooting are especially valuable to really help fine-tune the

techniques. I would strongly recommend this book to anyone who is serious about overcoming their social fears.”

—Ronald M. Rapee, Ph.D., professor of psychology at Macquarie University, Sydney, Australia, author of *Overcoming Shyness and Social Phobia*

“This volume, written by a team composed of a psychologist and a psychiatrist, is an outstanding workbook for any individual suffering from social anxiety or shyness and wishing to undertake a structured self-help program to overcome it. The book can be used alone or in conjunction with therapy. The authors are experts in their field and they offer strategies that are solidly grounded in the latest research literature. 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, Ph.D., 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

From the Publisher

This new edition of **The Shyness and Social Anxiety Workbook** offers a comprehensive program to help shy people confront their fears and become actively involved in the social world. The activities in this workbook help readers find their strengths and weaknesses, explore and examine their fears, and create personalized plans for change. Information about therapy, medications, and other resources is also included.

About the Author

Martin M. Antony, PhD, is professor and chair in the department of psychology at Ryerson University in Toronto, Canada. He is also director of research at the Anxiety Treatment and Research Centre at St. Joseph’s Healthcare, Hamilton, Ontario, and a past president of the Canadian Psychological Association. An award-winning researcher, Antony is coauthor of *When Perfect Isn’t Good Enough*, and more than 25 other books. His research, writing, and clinical practice focus is on cognitive behavioral therapy and the treatment of anxiety disorders. He has been widely quoted in the American and Canadian media.

Richard P. Swinson, MD, is professor emeritus and past chair of the Department of Psychiatry and Behavioural Neurosciences at McMaster University in Hamilton, ON, Canada. He is also medical director of the Anxiety Treatment and Research Centre and past psychiatrist-in-chief at Joseph’s Healthcare, also in Hamilton. He is a fellow of the Royal College of Physicians and Surgeons of Canada, the American Psychiatric Association, and the Royal College of Psychiatrists UK. He was awarded an inaugural fellowship of the Canadian Psychiatric Association in 2006. His research interests lie in the theory, assessment and treatment of anxiety disorders, particularly obsessive-compulsive disorder and social anxiety disorder. He has published more than 180 peer-reviewed papers, thirty book chapters, and eight books. Dr. Swinson has held numerous research grants since 1966 and has been an invited speaker at many conferences around the world on anxiety disorders and substance use disorders. He also chaired the steering committee for the Canadian Anxiety Treatment Guidelines Initiative, leading to the publication of Canadian Clinical Practice Guidelines for the Management of Anxiety Disorders in 2006.

Users Review

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Barbara Barnes:

Do you have something that you prefer such as book? The publication lovers usually prefer to pick book like comic, brief story and the biggest one is novel. Now, why not attempting Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming your Fear that give your entertainment preference will be satisfied by simply reading this book. Reading routine all over the world can be said as the opportunity for people to know world much better then how they react when it comes to the world. It can't be claimed constantly that reading routine only for the geeky particular person but for all of you who wants to be success person. So , for every you who want to start studying as your good habit, you can pick Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming your Fear become your own starter.

Jeffrey Drake:

The book untitled Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming your Fear contain a lot of information on this. The writer explains the woman idea with easy way. The language is very easy to understand all the people, so do not really worry, you can easy to read that. The book was written by famous author. The author gives you in the new period of time of literary works. You can easily read this book because you can continue reading your smart phone, or program, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can available their official web-site in addition to order it. Have a nice examine.

Brandon Seymour:

Some individuals said that they feel fed up when they reading a guide. They are directly felt it when they get a half parts of the book. You can choose the actual book Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming your Fear to make your current reading is interesting. Your own personal skill of reading skill is developing when you such as reading. Try to choose basic book to make you enjoy to see it and mingle the feeling about book and looking at especially. It is to be initially opinion for you to like to available a book and examine it. Beside that the guide Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming your Fear can to be your friend when you're really feel alone and confuse with the information must you're doing of the time.

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