Managing Social Anxiety: Deutsch - 2010

This revised workbook is designed for people on the social anxious end of the anxiety spectrum to engage with, modify, and manage their anxiety. Based on cognitive behavioral therapy (CBT) principles, the workbook provides a comprehensive CBT treatment program that is easy to follow and incorporates self-help techniques to help you understand anxiety, its causes, and how to manage it.

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Cognitive Therapy of Anxiety Disorders

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Social Anxiety Disorder

Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

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