



Triumph Over Shyness: Conquering Shyness & Social Anxiety

By Murray B. Stein, John R. Walker

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Shyness isn't just a personality quirk—to some people it means that even a casual social interaction can be a nightmare. Endorsed by The Anxiety Disorders Association of America (ADAA), the primary organization in the U.S. dedicated to the cure of anxiety disorders, this is the only book of its kind to provide a comprehensive psychological and medical approach for sufferers of the debilitating syndrome of acute shyness and social phobia.

Triumph Over Shyness focuses on a range of powerful new treatments that have become available and offer new hope for people with social anxiety. Other features include:

- * Guidelines for coping with difficult social situations
- * Pros and cons of various kinds of therapy
- * Stories of others who have successfully overcome social anxiety
- * The use of case histories to illustrate the points of each chapter
- * Worksheets and checklists to zero in on problem areas
- * Plus a special chapter for parents on how to help their children conquer shyness

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Editorial Review

From the Back Cover

Shyness is exceedingly common, and in its extreme form, manifests itself as a disabling condition known as both social phobia and social anxiety. The number of men and women, spanning a range of ages and walks of life, who suffer from shyness and social anxiety is in the millions and growing. From the tendency to withdraw from unfamiliar people and situations to public speaking anxiety, test anxiety, sports performance anxiety, dating anxiety, to paruresis (the fear of using public bathrooms), a variety of situations exist that can trigger feelings of discomfort. For some persons, the level of discomfort is so high that it prevents them from living life as fully as they would like to.

The good news is that help is available. Whether you, your child, a friend, or a family suffers from anxiety in social situations, this invaluable book, written with great sensitivity and a dash of good humor can help.

Copublished by the Anxiety Disorders Association of America, and written by two experts in the field, *Triumph Over Shyness* gets to the heart of the matter by helping you navigate the terminology and define, recognize, and tackle your shyness head-on. Here you will learn that shyness, like height or eye color, is a heritable trait though not influenced exclusively by genes. You will also learn how embarrassment and shame fit into the mix of shyness and anxiety. Discover what shyness and social anxiety look and feel like, where they may be coming from and what you can do about them. In addition, you'll find real-life case histories, plus:

- techniques and exercises to help you overcome shyness and social anxiety
- the latest information on medications and treatments, including those for children and adolescents
- ways to improve your relationships, manage physical symptoms, and conquer anxious thoughts
- advice and information on how to help a shy child
- support for the challenges you may face as you confront your fears

. . . plus a variety of resources to draw upon as you work toward your goal. If you choose to triumph over the confines of shyness, this book will help you break free.

"A roadmap to the diagnosis and treatment of social anxiety disorder ... an owner's guide to the skillful management of social anxiety."

John S. March, MD, MPH, Professor of Psychiatry and Behavioral Sciences, Duke Child and Family Study Center

ARE YOU TOO SOCIALLY ANXIOUS?

To answer this question, ask yourself:

- Does my anxiety in social situations make me feel nervous or uncomfortable a lot of the time?
- Does it interfere with things I want to do now or in the foreseeable future?
- Does it keep me from having fun?
- Does it lead me to being alone and lonely?

If you answered "yes" to any of these questions, you may have social phobia and you are not alone. Millions

of people suffer from shyness and social anxiety. Fortunately, help is available and you're holding it in your hands. Whether you are concerned about yourself, your child, a friend, or a relative, *Triumph Over Shyness* will help you understand the nature of the problem and what you can do about it. Written by two experts in the field and endorsed by the Anxiety Disorders Association of America, this sensitively written book is filled with helpful case histories, techniques, and exercises to help you manage anxious thoughts and physical symptoms, as well as improve your relationships. Here you will also find the latest information on medications and treatments, and a variety of helpful resources to help you break the bonds of shyness.

You don't have to lose another day. *Triumph Over Shyness* can ensure that you live your life to the fullest from now on.

About the Author

Murray B Stein, M.D., F.R.C.P.C., is Professor of Psychiatry at the University of California San Diego (UCSD), and Director of the Anxiety & Traumatic Stress Program at UCSD and at the Veterans Affairs San Diego Healthcare System. His research interests include social phobia, panic disorder, and posttraumatic stress disorder. Dr. Stein has published over 150 articles on these topics in professional journals such as *The Lancet* and the *Journal of the American Medical Association*. He is also a member of the Scientific Advisory Board of the Anxiety Disorders Association of America. Dr. Stein lives in San Diego.

John R. Walker, Ph.D., is a registered clinical psychologist and Director of the Anxiety Disorders Program at St. Boniface General Hospital in Winnipeg, Canada. He is also Professor of Clinical Health Psychology at the University of Manitoba and supervises senior clinical psychology students in their training in treatment of anxiety disorders. He is an editor of *Panic Disorder and Agoraphobia: A Comprehensive Guide for the Practitioner* and has written chapters on social anxiety disorder and treatment of intense illness worries. Dr. Walker has a special interest in self-help approaches to treatment of anxiety disorders and has completed treatment evaluation studies demonstrating the benefits of self-help materials with panic disorder and social phobia. He lives in Winnipeg.

Users Review

From reader reviews:

Ronnie Miller:

Do you have favorite book? If you have, what is your favorite's book? Reserve is very important thing for us to find out everything in the world. Each publication has different aim or even goal; it means that publication has different type. Some people sense enjoy to spend their time and energy to read a book. They may be reading whatever they get because their hobby is usually reading a book. Why not the person who don't like reading a book? Sometime, individual feel need book if they found difficult problem or exercise. Well, probably you will need this *Triumph Over Shyness: Conquering Shyness & Social Anxiety*.

Lisa Buffington:

The ability that you get from *Triumph Over Shyness: Conquering Shyness & Social Anxiety* is the more deep you searching the information that hide into the words the more you get interested in reading it. It doesn't mean that this book is hard to know but *Triumph Over Shyness: Conquering Shyness & Social*

Anxiety giving you thrill feeling of reading. The article author conveys their point in specific way that can be understood simply by anyone who read that because the author of this reserve is well-known enough. This particular book also makes your current vocabulary increase well. Therefore it is easy to understand then can go to you, both in printed or e-book style are available. We propose you for having this specific Triumph Over Shyness: Conquering Shyness & Social Anxiety instantly.

Rosalind Bowlin:

Do you have something that you like such as book? The guide lovers usually prefer to choose book like comic, limited story and the biggest you are novel. Now, why not seeking Triumph Over Shyness: Conquering Shyness & Social Anxiety that give your enjoyment preference will be satisfied by means of reading this book. Reading behavior all over the world can be said as the opportunity for people to know world a great deal better then how they react when it comes to the world. It can't be said constantly that reading behavior only for the geeky man or woman but for all of you who wants to possibly be success person. So , for every you who want to start looking at as your good habit, you are able to pick Triumph Over Shyness: Conquering Shyness & Social Anxiety become your current starter.

Craig Nazario:

The book untitled Triumph Over Shyness: Conquering Shyness & Social Anxiety contain a lot of information on this. The writer explains the girl idea with easy approach. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read it. The book was compiled by famous author. The author will bring you in the new age of literary works. It is easy to read this book because you can keep reading your smart phone, or gadget, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and order it. Have a nice go through.

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