



Managing Social Anxiety, Workbook: A Cognitive-Behavioral Therapy Approach (Treatments That Work)

Debra A. Hope, Richard G. Heimberg, Cynthia L. Turk

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This revised workbook is designed for patients' use as they work, either with a qualified mental health professional or on their own, to manage social anxiety. Based on the principles of cognitive-behavioral therapy, the treatment program described is evidence-based and proven effective. Complete with user-friendly forms and worksheets, as well as relatable case examples and chapter review questions, this workbook contains all the tools necessary to help patients manage their anxiety and improve their quality of life.

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