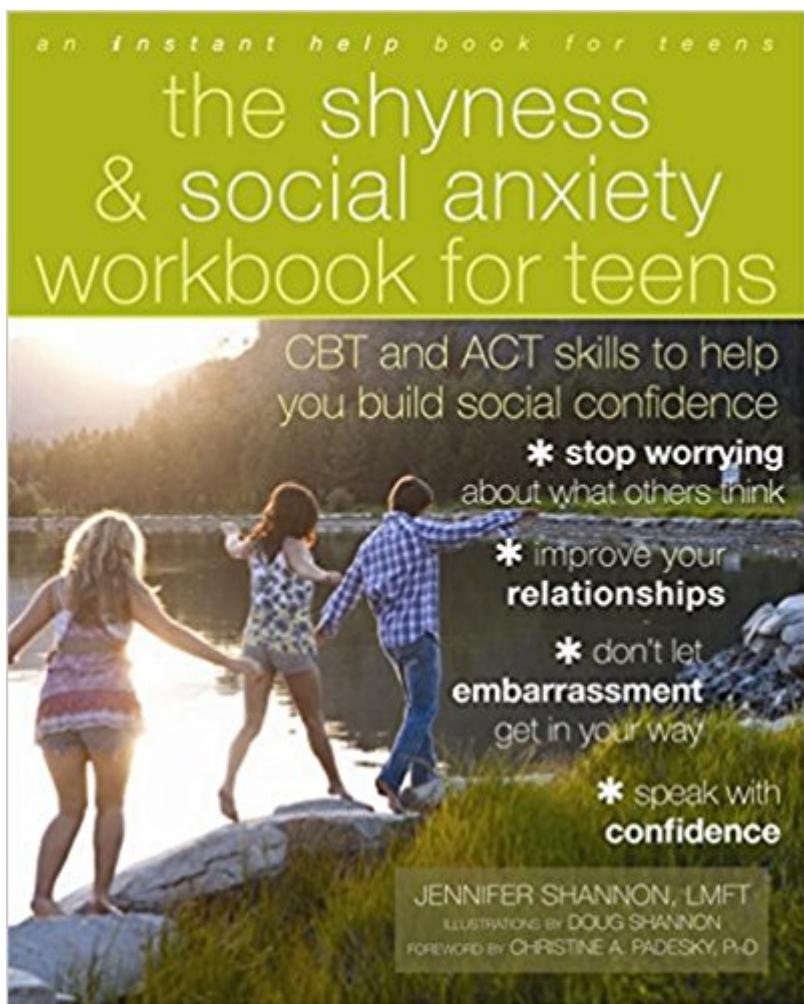


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# The Shyness And Social Anxiety Workbook For Teens: CBT And ACT Skills To Help You Build Social Confidence



## Synopsis

Wouldn't it be nice if you could just flick a switch and make your shyness go away? No more worrying about what others think about you, no more embarrassment in front of other people. You could just relax and feel comfortable and confident, the way you probably think everyone else feels. If you struggle with shyness, you're all too familiar with the feeling of not knowing what to do or say, and you'll do anything to avoid feeling that way. But, most likely, you also know that you're missing out on a lot of friendships, potential relationships, and fun. You've chosen this book because you're ready to stop hiding behind your shyness and start enjoying everything life has to offer. The worksheets and exercises in *The Shyness and Social Anxiety Workbook for Teens* will help you learn to handle awkward social situations with grace and confidence, so you can make real connections with people you want to get to know. Based in proven-effective cognitive behavioral therapy (CBT), the skills you learn will also help you speak up for yourself when you need to and stop dreading class projects that put you on the spot. Actually, there's no aspect of your life that this workbook won't help. So why let shyness rule your life one day longer? Let this workbook guide the way to a more confident, outgoing you.

## Book Information

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## Customer Reviews

âœThis book is superb! No longer will teens need to suffer with anxiety and be on the sidelines of life. Full of clear, effective, and engaging strategies, this workbook will show teens exactly what to do to overcome their fears and shyness and will reassure them that they are not alone. Truly, every teen struggles with these issues to varying degrees. All teenagers would benefit from reading this

book. "Tamar Chansky, PhD, author of *Freeing Your Child from Anxiety and Freeing Yourself from Anxiety* With The Shyness and Social Anxiety Workbook for Teens, Jennifer Shannon has hit a bull's-eye. Each page is fun, engaging, and filled with practical strategies to help teens break free from their social fears and worries. The book is certain to become an essential resource for teens, parents, and therapists. I highly recommend it." Michael A. Tompkins, PhD, founding partner of the San Francisco Bay Area Center for Cognitive Therapy and author of *My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic* Teens who follow the steps described in this book can overcome shyness and social anxiety and change their life path. Shannon's recommendations are based on the latest scientific findings, and are accompanied by delightful cartoons and drawings. An outstanding contribution. "Jacqueline B. Persons, PhD, 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 Good basic information on social anxiety as well as how to overcome it using cognitive behavioral therapy. The concise text and abundant illustrations make the book available, easy to grasp, and engaging for teens." Edmund J. Bourne, PhD, author of *The Anxiety and Phobia Workbook* This practical and straightforward book is highly recommended for any teen who worries too much about being judged by others. These tried-and-true strategies have been shown over and over to be among the most effective methods for reducing social anxiety. Every teen who struggles with shyness should read this book! "Martin M. Antony, PhD, ABPP, chair of the department of psychology at Ryerson University and author of *The Shyness and Social Anxiety Workbook*

Jennifer Shannon, LMFT, is clinical director and cofounder of the Santa Rosa Center for Cognitive-Behavioral Therapy in Santa Rosa, CA. She is a diplomat of the Academy of Cognitive Therapy. Illustrator Doug Shannon is a freelance cartoonist. He illustrated *The Two-Step*, a book that has been translated into several languages. He authored the nationally syndicated cartoon strip *Claire and Weber* from 1997 to 2000. Foreword writer Christine A. Padesky, PhD, is a clinical psychologist and director of the Center for Cognitive Therapy in Huntington Beach, CA. She has more than thirty years of experience using cognitive behavioral therapy and is coauthor of *Mind Over Mood* and other books. [www.mindovermood.com](http://www.mindovermood.com)

This book is fantastic! It's well written, provides factual information, and fun to read. The illustrations are beautiful and lend themselves to the feel of the book. I'm a psychotherapist who specializes in the treatment of social anxiety disorder. While I don't work with teens, this book is useful for my

adult clients as well. I like the book so much, I bought a copy for my teen nephew who struggles with shyness. My sister-in-law and brother both read the book. It helped them to understand what was happening with their son. While this book is intended for teens who struggle with overcoming shyness and social anxiety. It's easily applicable to help with all forms of anxiety. I understand Ms. Shannon is coming out with another book for teen anxiety. I can't wait to get my hands on that one too!

Due to growing isolation fueled by the explosion of technology and the over-reliance on electronic devices to socially connect, there is an increasing number of teens struggling with social skills. Teens with social anxiety don't always fit into one tidy description. Some are perfectionistic, hyper-critical of themselves. Others may be thin-skinned, hypersensitive to the input of those around them. Some have a hyper-responsive amygdala; the brain center that assesses threats and governs the fear response. Regardless of the origin of a teen's discomfort, this workbook has some valuable exercises for understanding and redirecting social avoidance behavior. I have found that using this workbook in my social-skills building classes creates a solid jumping off point for goal-setting, role-playing, and a reframing the teen's sense of themselves.

My 15 year old suffers from anxiety & low self-esteem, both hindering her socialization. She's been absorbing tidbits here & there from this book.

My children have been practicing the exercises in this book and have helped tremendously with their anxiety of just being a teen.

I really love this book, and the examples of shyness many teens encounter are spot-on! Ever pick up a book and wish it had been around when you were a teenager? This book is one of mine! I really love the exercise which asks teens to envision themselves during their landmark birthdates, and how they want their friends and family to say about them-I found it a perfect way to break my current shyness. This book may be geared to teens, but I find anyone who truly wishes to overcome their shyness issues will find this book a Godsend!

This is a great workbook and comes highly recommended from my daughter's therapist! Great ways to work through issues and offers new ways to think and combat issues in their lives!

Good activities and help in this book. I've struggled with really participating fully in life and this has really began to give me a nudge and help me push myself further. Very happy to have purchased this!

Newer format book with "graphic novel"/comic book kinds of pictures that appeal to the teen crowd. Really useful. Good resource for clinicians and clients.

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