



## Cognitive Behaviour Therapy for Social Anxiety and Shyness: Simple CBT Explanations for Teenagers about the Causes of Social Anxiety and Shyness, Including a CBT Workbook to Reduce Anxiety and Feel More Relaxed in

By Dr James Manning

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Social anxiety can have a huge impact on the quality of life of teenagers, and can damage self-esteem, well-being and happiness. As well as this, it can get in the way of new relationships and cause problems in the relationships that people already have. It is quiet an art to make complex ideas appear simple. The authors have presented information in this book in an unconventional, yet simple style. Using a range of characters, the authors steer the reader through a world of social anxiety, helping teenagers find out all they need to know about social anxiety and what they can do to reduce their symptoms.



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