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About The Instructor Martin M. Antony, PhD, An Internationally Recognized Expert In Treating Anxiety And Related Disorders, Is Professor Of Psychology At Ryerson May 9th, 2024.

Shyness And Social Anxiety: Evidence-Based Techniques For ... Shyness And Social Anxiety: Evidence-Based Techniques For Overcoming Fear A 6-Hour Home Study Program For Health Professionals About The Instructor Martin M. Antony, PhD, Is An Internationally Recognized Expert In The Assessment And Treatment Of Anxiety And Related Disorders, And Is The Past President Of The Canadian Psychological Association. Dr. Jan 8th, 2024"Social Anxiety And Shyness Can Become So Intense That ... University, Sydney, Australia, Author Of Overcoming Shyness And Social Phobia "This Volume, Written By A Team Composed Of A Psychologist And A Psychiatrist, Is An Outstanding Workbook For Any Individual Suffering From Social Anxiety Or Shyness And Wishing To Undertake A Structured Self-help Program To Overcome It. The Book Can Be Feb 4th, 2024"Social Anxiety And Shyness Can Become So Intense ... Books On Social Anxiety And Shyness That You Will find In Your Local Bookstore. This Was The first To Be Written In A Workbook Format. It Is filled With Exercises And Practices Designed To Teach You Basic Strategies For Overcoming Shyness And Social Anxiety. We Encourage You To fill In The Blank Worksheets And Forms Located Throughout The Text. May 6th, 2024.

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