



# Coping with Shyness and Social Phobia: A Guide to Understanding and Overcoming Social Anxiety

*W. Ray Crozier, Lynn E Alden*

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## **Coping with Shyness and Social Phobia: A Guide to Understanding and Overcoming Social Anxiety**

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Social anxiety is the third largest psychological problem in the United States today, affecting 15 million Americans in any given year. Packed with case studies this handy guide includes up-to-date information on the range of treatments that are available, including cognitive behavioural therapy and medication, and gives an objective appraisal of their effectiveness and limitations. The authors also explain the crucial distinction between shyness and the debilitating effects of social phobia. W. Ray Crozier is Professor of Psychology at the University of East Anglia, UK. L.E. Alden is Professor of Psychology at the University of British Columbia, Canada.

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