



## Triumph Over Shyness: Conquering Shyness & Social Anxiety

By Murray B. Stein, John R. Walker

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Shyness isn't just a personality quirk—to some people it means that even a casual social interaction can be a nightmare. Endorsed by The Anxiety Disorders Association of America (ADAA), the primary organization in the U.S. dedicated to the cure of anxiety disorders, this is the only book of its kind to provide a comprehensive psychological and medical approach for sufferers of the debilitating syndrome of acute shyness and social phobia.

*Triumph Over Shyness* focuses on a range of powerful new treatments that have become available and offer new hope for people with social anxiety. Other features include:

- \* Guidelines for coping with difficult social situations
- \* Pros and cons of various kinds of therapy
- \* Stories of others who have successfully overcome social anxiety
- \* The use of case histories to illustrate the points of each chapter
- \* Worksheets and checklists to zero in on problem areas
- \* Plus a special chapter for parents on how to help their children conquer shyness

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## **Editorial Review**

### From the Back Cover

Shyness is exceedingly common, and in its extreme form, manifests itself as a disabling condition known as both social phobia and social anxiety. The number of men and women, spanning a range of ages and walks of life, who suffer from shyness and social anxiety is in the millions and growing. From the tendency to withdraw from unfamiliar people and situations to public speaking anxiety, test anxiety, sports performance anxiety, dating anxiety, to paruresis (the fear of using public bathrooms), a variety of situations exist that can trigger feelings of discomfort. For some persons, the level of discomfort is so high that it prevents them from living life as fully as they would like to.

The good news is that help is available. Whether you, your child, a friend, or a family suffers from anxiety in social situations, this invaluable book, written with great sensitivity and a dash of good humor can help.

Copublished by the Anxiety Disorders Association of America, and written by two experts in the field, *Triumph Over Shyness* gets to the heart of the matter by helping you navigate the terminology and define, recognize, and tackle your shyness head-on. Here you will learn that shyness, like height or eye color, is a heritable trait though not influenced exclusively by genes. You will also learn how embarrassment and shame fit into the mix of shyness and anxiety. Discover what shyness and social anxiety look and feel like, where they may be coming from and what you can do about them. In addition, you'll find real-life case histories, plus:

- techniques and exercises to help you overcome shyness and social anxiety
- the latest information on medications and treatments, including those for children and adolescents
- ways to improve your relationships, manage physical symptoms, and conquer anxious thoughts
- advice and information on how to help a shy child
- support for the challenges you may face as you confront your fears

... plus a variety of resources to draw upon as you work toward your goal. If you choose to triumph over the confines of shyness, this book will help you break free.

"A roadmap to the diagnosis and treatment of social anxiety disorder ... an owner's guide to the skillful management of social anxiety."

John S. March, MD, MPH, Professor of Psychiatry and Behavioral Sciences, Duke Child and Family Study Center

## **ARE YOU TOO SOCIALLY ANXIOUS?**

To answer this question, ask yourself:

- Does my anxiety in social situations make me feel nervous or uncomfortable a lot of the time?
- Does it interfere with things I want to do now or in the foreseeable future?
- Does it keep me from having fun?
- Does it lead me to being alone and lonely?

If you answered "yes" to any of these questions, you may have social phobia and you are not alone. Millions

of people suffer from shyness and social anxiety. Fortunately, help is available and you're holding it in your hands. Whether you are concerned about yourself, your child, a friend, or a relative, *Triumph Over Shyness* will help you understand the nature of the problem and what you can do about it. Written by two experts in the field and endorsed by the Anxiety Disorders Association of America, this sensitively written book is filled with helpful case histories, techniques, and exercises to help you manage anxious thoughts and physical symptoms, as well as improve your relationships. Here you will also find the latest information on medications and treatments, and a variety of helpful resources to help you break the bonds of shyness.

You don't have to lose another day. *Triumph Over Shyness* can ensure that you live your life to the fullest from now on.

#### About the Author

**Murray B Stein, M.D., F.R.C.P.C.**, is Professor of Psychiatry at the University of California San Diego (UCSD), and Director of the Anxiety & Traumatic Stress Program at UCSD and at the Veterans Affairs San Diego Healthcare System. His research interests include social phobia, panic disorder, and posttraumatic stress disorder. Dr. Stein has published over 150 articles on these topics in professional journals such as *The Lancet* and the *Journal of the American Medical Association*. He is also a member of the Scientific Advisory Board of the Anxiety Disorders Association of America. Dr. Stein lives in San Diego.

**John R. Walker, Ph.D.**, is a registered clinical psychologist and Director of the Anxiety Disorders Program at St. Boniface General Hospital in Winnipeg, Canada. He is also Professor of Clinical Health Psychology at the University of Manitoba and supervises senior clinical psychology students in their training in treatment of anxiety disorders. He is an editor of *Panic Disorder and Agoraphobia: A Comprehensive Guide for the Practitioner* and has written chapters on social anxiety disorder and treatment of intense illness worries. Dr. Walker has a special interest in self-help approaches to treatment of anxiety disorders and has completed treatment evaluation studies demonstrating the benefits of self-help materials with panic disorder and social phobia. He lives in Winnipeg.

#### Users Review

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###### **Ruth Lynch:**

Book will be written, printed, or created for everything. You can know everything you want by a book. Book has a different type. We all know that that book is important matter to bring us around the world. Close to that you can your reading talent was fluently. A guide *Triumph Over Shyness: Conquering Shyness & Social Anxiety* will make you to possibly be smarter. You can feel much more confidence if you can know about everything. But some of you think this open or reading a book make you bored. It isn't make you fun. Why they can be thought like that? Have you in search of best book or suited book with you?

###### **Martina Lassiter:**

Reading can be called head hangout, why? Because if you find yourself reading a book particularly book entitled *Triumph Over Shyness: Conquering Shyness & Social Anxiety* your thoughts will drift away through every dimension, wandering in most aspect that maybe unidentified for but surely will become your mind

friends. Imaging every word written in a book then become one contact form conclusion and explanation this maybe you never get previous to. The Triumph Over Shyness: Conquering Shyness & Social Anxiety giving you one more experience more than blown away your thoughts but also giving you useful info for your better life within this era. So now let us demonstrate the relaxing pattern this is your body and mind is going to be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary paying spare time activity?

**Debra Palacios:**

Do you really one of the book lovers? If yes, do you ever feeling doubt when you are in the book store? Aim to pick one book that you never know the inside because don't judge book by its include may doesn't work here is difficult job because you are scared that the inside maybe not as fantastic as in the outside seem likes. Maybe you answer is usually Triumph Over Shyness: Conquering Shyness & Social Anxiety why because the excellent cover that make you consider with regards to the content will not disappoint anyone. The inside or content is definitely fantastic as the outside or maybe cover. Your reading 6th sense will directly assist you to pick up this book.

**Lynn Bailey:**

Are you kind of active person, only have 10 or even 15 minute in your day to upgrading your mind skill or thinking skill even analytical thinking? Then you are experiencing problem with the book as compared to can satisfy your short space of time to read it because pretty much everything time you only find reserve that need more time to be study. Triumph Over Shyness: Conquering Shyness & Social Anxiety can be your answer since it can be read by a person who have those short extra time problems.

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