

The Power of Confidence: Overcome Social Anxiety (Paperback)



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Reviews

It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.

(Lavina Torp)

THE POWER OF CONFIDENCE: OVERCOME SOCIAL ANXIETY (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A guide to self-improvement that introduces the methods of the highly regarded cognitive behavioral therapy technique to help readers conquer social anxiety. This book is designed to treat social anxiety disorder by changing unhelpful patterns of behavior and thought. Cognitive behavioral therapy (CBT) was developed by psychiatrist Aaron T. Beck and is now internationally favored as a practical means of overcoming longstanding and disabling conditions, both psychological and physical. CBT insists that our thoughts affect our feelings and behaviors. Although our situation may not change, if we change the self-defeating ways we think, we can often make ourselves feel better. This positive, pragmatic approach is popular with therapists and patients alike. The Power of Confidence: Overcome Social Anxiety highlights the history and background of the disorder, who is likely to be affected, and what are the main symptoms. I will provide a structure ideal for personal use or in a program using guided self-help techniques, which include questionnaires and workbook-style interactive exercises. The guide explores step-by-step techniques such as diary- and record-keeping, problem-solving, and managing symptoms, including overviews of all treatment options offering authoritative, commonsense solutions to a pervasive, difficult problem that is highly recommended by experts around the world and offers readers an affordable and easy-to-follow treatment plan.



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