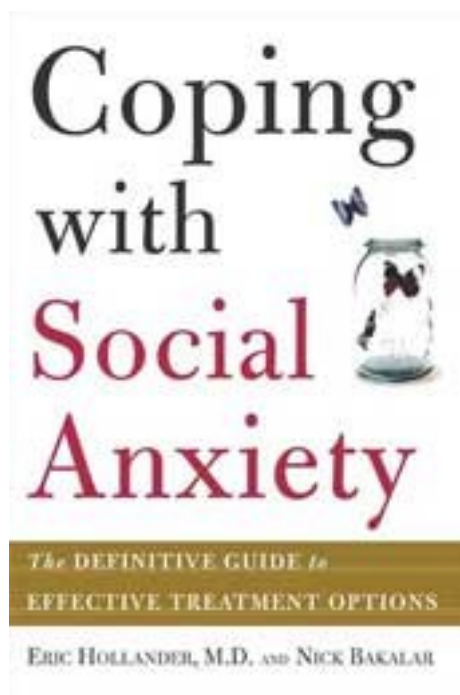


# Coping with Social Anxiety



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著者:Moehn, Heather

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When loss or illness strikes a family, young people don't always have the experience to help them cope. These seven new titles can help them find the strength and the resources to help them get through even the toughest situation. Every teenager experiences moments of anxiety, but how should he or she deal with those times when anxiety causes panic, depression, or a reduced sense of self-esteem? Moehn not only reveals the nature and history of our social anxieties but details many straightforward depictions of teens who suffer from this disorder. Different methods of eliminating or reducing anxiety are also discussed, including behavioral modification, relaxation therapy, hypnosis, keeping a journal, drug therapy, and others. Moehn delivers realistic accounts of specific social anxieties common to most people, such as fear of public

speaking, and explains how to recognize why and how anxiety occurs and what to do about it. The book also describes different methods of talk therapy, from individualized cognitive-behavioral therapy to group discussion.

作者介绍:

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