



# The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence

By Jennifer Shannon

Download now

Read Online ➔

## The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence By Jennifer Shannon

Wouldn't it be nice if you could just flick a switch and make your shyness go away? No more worrying about what others think about you, no more embarrassment in front of other people. You could just relax and feel comfortable and confident, the way you probably think everyone else feels.

If you struggle with shyness, you're all too familiar with the feeling of not knowing what to do or say, and you'll do anything to avoid feeling that way. But, most likely, you also know that you're missing out on a lot—friendships, potential relationships, and fun. You've chosen this book because you're ready to stop hiding behind your shyness and start enjoying everything life has to offer.

The worksheets and exercises in *The Shyness and Social Anxiety Workbook for Teens* will help you learn to handle awkward social situations with grace and confidence, so you can make real connections with people you want to get to know. Based in proven-effective cognitive behavioral therapy (CBT), the skills you learn will also help you speak up for yourself when you need to and stop dreading class projects that put you on the spot. Actually, there's no aspect of your life that this workbook won't help. So why let shyness rule your life one day longer? Let this workbook guide the way to a more confident, outgoing you.

↓ [Download The Shyness and Social Anxiety Workbook for Teens: ...pdf](#)

📄 [Read Online The Shyness and Social Anxiety Workbook for Teen ...pdf](#)



# The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence

*By Jennifer Shannon*

**The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence** By Jennifer Shannon

Wouldn't it be nice if you could just flick a switch and make your shyness go away? No more worrying about what others think about you, no more embarrassment in front of other people. You could just relax and feel comfortable and confident, the way you probably think everyone else feels.

If you struggle with shyness, you're all too familiar with the feeling of not knowing what to do or say, and you'll do anything to avoid feeling that way. But, most likely, you also know that you're missing out on a lot—friendships, potential relationships, and fun. You've chosen this book because you're ready to stop hiding behind your shyness and start enjoying everything life has to offer.

The worksheets and exercises in *The Shyness and Social Anxiety Workbook for Teens* will help you learn to handle awkward social situations with grace and confidence, so you can make real connections with people you want to get to know. Based in proven-effective cognitive behavioral therapy (CBT), the skills you learn will also help you speak up for yourself when you need to and stop dreading class projects that put you on the spot. Actually, there's no aspect of your life that this workbook won't help. So why let shyness rule your life one day longer? Let this workbook guide the way to a more confident, outgoing you.

**The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence** By Jennifer Shannon Bibliography

- Sales Rank: #147858 in eBooks
- Published on: 2012-06-01
- Released on: 2012-06-01
- Format: Kindle eBook

 [Download The Shyness and Social Anxiety Workbook for Teens: ...pdf](#)

 [Read Online The Shyness and Social Anxiety Workbook for Teen ...pdf](#)

## Download and Read Free Online The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence By Jennifer Shannon

---

### Editorial Review

#### Review

“This book is superb! No longer will teens need to suffer with anxiety and be on the sidelines of life. Full of clear, effective, and engaging strategies, this workbook will show teens exactly what to do to overcome their fears and shyness and will reassure them that they are not alone. Truly, every teen struggles with these issues to varying degrees. All teenagers would benefit from reading this book.”

—Tamar Chansky, PhD, author of *Freeing Your Child from Anxiety* and *Freeing Yourself from Anxiety*

“With *The Shyness and Social Anxiety Workbook for Teens*, Jennifer Shannon has hit a bull’s-eye. Each page is fun, engaging, and filled with practical strategies to help teens break free from their social fears and worries. The book is certain to become an essential resource for teens, parents, and therapists. I highly recommend it.”

—Michael A. Tompkins, PhD, founding partner of the San Francisco Bay Area Center for Cognitive Therapy and author of *My Anxious Mind: A Teen’s Guide to Managing Anxiety and Panic*

“Teens who follow the steps described in this book can overcome shyness and social anxiety and change their life path. Shannon’s recommendations are based on the latest scientific findings, and are accompanied by delightful cartoons and drawings. An outstanding contribution.”

—Jacqueline B. Persons, PhD, director of the San Francisco Bay Area Center for Cognitive Therapy and clinical professor in the department of psychology at the University of California, Berkeley

“Good basic information on social anxiety as well as how to overcome it using cognitive behavioral therapy. The concise text and abundant illustrations make the book available, easy to grasp, and engaging for teens.”

—Edmund J. Bourne, PhD, author of *The Anxiety and Phobia Workbook*

“This practical and straightforward book is highly recommended for any teen who worries too much about being judged by others. These tried-and-true strategies have been shown over and over to be among the most effective methods for reducing social anxiety. Every teen who struggles with shyness should read this book!”

—Martin M. Antony, PhD, ABPP, chair of the department of psychology at Ryerson University and author of *The Shyness and Social Anxiety Workbook*

## About the Author

**Jennifer Shannon, LMFT**, is clinical director and cofounder of the Santa Rosa Center for Cognitive-Behavioral Therapy in Santa Rosa, CA. She is a diplomat of the Academy of Cognitive Therapy.

Illustrator **Doug Shannon** is a freelance cartoonist. He illustrated *The Two-Step*, a book that has been translated into several languages. He authored the nationally syndicated cartoon strip *Claire and Weber* from 1997 to 2000.

Foreword writer **Christine A. Padesky, PhD**, is a clinical psychologist and director of the Center for Cognitive Therapy in Huntington Beach, CA. She has more than thirty years of experience using cognitive behavioral therapy and is coauthor of *Mind Over Mood* and other books. [www.mindovermood.com](http://www.mindovermood.com)

## Users Review

### From reader reviews:

#### Douglas Ayer:

Do you have favorite book? If you have, what is your favorite's book? Guide is very important thing for us to learn everything in the world. Each reserve has different aim or goal; it means that guide has different type. Some people really feel enjoy to spend their the perfect time to read a book. They can be reading whatever they get because their hobby is reading a book. Consider the person who don't like looking at a book? Sometime, man or woman feel need book whenever they found difficult problem or maybe exercise. Well, probably you'll have this *The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence*.

#### Sheila Kilburn:

The ability that you get from *The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence* could be the more deep you digging the information that hide inside words the more you get interested in reading it. It doesn't mean that this book is hard to comprehend but *The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence* giving you excitement feeling of reading. The article writer conveys their point in certain way that can be understood simply by anyone who read it because the author of this e-book is well-known enough. This specific book also makes your own vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We advise you for having this specific *The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence* instantly.

#### Bernice Bland:

In this period of time globalization it is important to someone to acquire information. The information will make anyone to understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher which print many kinds of book. Typically the book that

recommended for you is The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence this guide consist a lot of the information in the condition of this world now. This book was represented just how can the world has grown up. The vocabulary styles that writer require to explain it is easy to understand. Often the writer made some exploration when he makes this book. This is why this book appropriate all of you.

**Joseph Lee:**

What is your hobby? Have you heard that question when you got pupils? We believe that that concern was given by teacher on their students. Many kinds of hobby, Everyone has different hobby. And you know that little person such as reading or as studying become their hobby. You need to understand that reading is very important in addition to book as to be the thing. Book is important thing to add you knowledge, except your teacher or lecturer. You get good news or update about something by book. Many kinds of books that can you go onto be your object. One of them is actually The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence.

**Download and Read Online The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence By Jennifer Shannon #9IU4Q3DJ6SL**

# **Read The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence By Jennifer Shannon for online ebook**

The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence By Jennifer Shannon Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence By Jennifer Shannon books to read online.

## **Online The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence By Jennifer Shannon ebook PDF download**

**The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence By Jennifer Shannon Doc**

**The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence By Jennifer Shannon Mobipocket**

**The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence By Jennifer Shannon EPub**