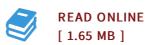




## Dying of Embarrassment: Help for Social Anxiety and Social Phobia

By Barbara G. Markway, Alec Pollard

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Dying of Embarrassment: Help for Social Anxiety and Social Phobia, Barbara G. Markway, Alec Pollard, Americans struggle with anxiety. Among the disorder's most common forms is social phobia, a persistent fear of scrutiny and evaluation by others. Social phobia cripples the lives of some 15 to 20 percent of the US population. This distressing social anxiety includes the fear of public speaking (stage fright), performing in social and creative situations (test anxiety, writers' block), eating in restaurants, and dating. If you suffer from the symptoms of social anxiety disorder, this book offers clinically proven strategies to overcome them and start living a life of confidence.



## Reviews

Totally one of the better publication I have actually read through. It really is rally fascinating through studying time period. Its been printed in an extremely simple way and is particularly just following i finished reading through this ebook in which basically modified me, modify the way i think.

-- Mrs. Maudie Weimann

This is an awesome publication which i have actually read. This is certainly for all who statte that there was not a well worth reading through. Its been designed in an extremely straightforward way and it is merely after i finished reading this ebook in which actually changed me, affect the way in my opinion.

-- Marques Pagac