



Understanding Social Anxiety: A Recovery Guide for Sufferers, Family, and Friends

Vera Sonja Maass Ph.D.

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This powerful book explains the debilitating effects of social anxiety and the development of the disorder, emphasizing the need for a resolution of this disorder and identifying common but unhelpful coping mechanisms as well as true methods to change and live life unafraid of social situations.

- Presents a practical, realistic, and research-based examination of the development and continuation of social anxiety in individuals
- Provides readers with an understanding of the tangible health risks of social isolation
- Draws on clinical histories and examples from the community at large to illustrate various scenarios, document progression of the impairment, and identify effective steps toward resolution
- Written by an author with 30 years of experience with clients suffering from anxiety disorders, many of those coping with social anxiety

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