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COPING SUCCESSFULLY WITH SHYNESS



SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coping Successfully with Shyness, Robert Bor, Carina Eriksen, Margaret Oakes, Everyone feels socially awkward at times, but for some people shyness can become an overwhelming problem, limiting social and career opportunities, and severely restricting life goals. Rooted in cognitive behavioural therapy (CBT) techniques, Coping Successfully with Shyness is packed full of advice on what to do if you feel disempowered or embarrassed. It looks at how to understand and manage those feelings...

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- Authored by Robert Bor, Carina Eriksen, Margaret Oakes
- Released at -



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Reviews

Absolutely essential go through publication. This can be for all who statte there was not a worthy of looking at. Its been printed in an remarkably basic way and it is just right after i finished reading this book through which in fact altered me, modify the way i think.

-- Dr. Haskell Osinski

This is basically the very best publication i actually have go through until now. It really is loaded with knowledge and wisdom I realized this publication from my i and dad encouraged this publication to discover.

-- Bryana Klocko III

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