



By Jennifer Shannon - The Shyness and Social Anxiety Workbook for Teens: CBT and ACT skills to Help You Build Social Confidence (Instant Help Book for Teens) (7.3.2012)

Jennifer Shannon

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"The Shyness and Social Anxiety Workbook for Teens" offers worksheets and comic-style illustrated scenarios that help teen readers identify their values and practice evidence-based skills from cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) for overcoming shyness and social anxiety.

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