

BOOK LIST
for Anxiety, Depression & related Disorders

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For a complete booklist with all categories, please see the resources page at the ADAVIC website:

http://www.adavic.org/resources/booklist_complete.pdf

SOCIAL PHOBIA

Dying Of Embarrassment - Help for Social Anxiety & Phobia

By Barbara G. Markway (Ph.D.), C. Alec Pollard, (Ph.D.), & Teresa Flynn, (Ph.D).

(1992). Paperback, 204 pages.

Dying of Embarrassment is the first self-help book ever published on social phobia (social anxiety disorder). This book provides clear direction and the use of cognitive-behavioral strategies to overcome this disabling condition.

Painfully Shy: How to Overcome Social Anxiety and Reclaim your Life

By Barbara G. Markway (Ph.D) & Gregory G. Markway (Ph.D)

(2003). Paperback, 288 pages.

This book is an excellent resource for those who suffer from social anxiety disorder, those who love them, and those who treat them. Symptoms, possible causes, and methods for treating the disorder are covered. Case histories present people from a wide variety of backgrounds who have social anxiety disorder. Help is included for parents of children. An excellent book that is written well.

Overcoming Shyness and Social Phobia: A Step-By-Step Guide (Clinical Application of Evidence-Based Psychotherapy)

By Ronald M. Rapee

(1998). Paperback, 120 pages.

This workbook is organized around nine lessons consisting of information and exercises designed to help overcome shyness and social fears. Lessons focus on issues such as changing your thoughts, changing your focus of attention, and evaluating and improving performance. The importance of practice is emphasized throughout the book.

Diagonally-Parked in a Parallel Universe: Working Through Social Anxiety

By Signe A. Dayhoff.

(2000). Paperback, 408 pages.

Up to 20 million people in the U.S. alone feel anxious or self-conscious in social situations - from work to sex. As a result, they may be less productive, under-educated, financially dependent, and lack personal relationships. Two years of research by Dr. Dayhoff with social phobias has shown that they are desperate for self-help materials which fully address their fundamental needs and wants. Diagonally-Parked in a Parallel Universe is expertly designed to meet those needs.

Comprehensive and in-depth, this self-help book is the insider's scoop on social anxiety. Written with humor by a psychologist and ex-social phobic, it provides not only systematic and clinically-proven methods but also a life-strategy approach for

successfully coping with social anxiety. It has already received high marks from anxiety researchers, clinicians, and anxiety sufferers alike. This book is a winner!

From Shyness to Stage Fright

By Marshall, John R.

(1994). Hardcover, 219 pages.

Marshall, a professor of Psychiatry explores the origins of Social Anxiety Disorder, (social phobia) provides case study examples, and discusses various treatment options to overcome this debilitating disorder that affects more than seven millions Americans.

Managing Social Anxiety: A Cognitive Behavioural Approach

By Hope, D.A., Heimberg, R.G., Juster, H.A., & Turk, C.L.

(2000). Paperback, 240 pages.

Informative book clearly set out with structured step by step recovery exercises.

Social Phobia: Clinical Application of Evidence-Based Psychotherapy

By Ronald M. Rapee, & William C. Sanderson

(1998). Hardcover, 170 pages.

Social fears are among the most common forms of anxiety in our society. Social phobia, the clinical syndrome, can seriously impact a person's life, increasing the risk of depression, substance abuse, and suicide, and reducing opportunities for social interaction, sustained relationships, and careers. The good news is that empirical evidence shows treatment for social phobia can be highly effective in producing change, and treatment that emphasizes the learning of new skills produces more change than simple education and/or medication. Rapee and Sanderson furnish a practical treatment program whose components are based on empirically validated techniques.