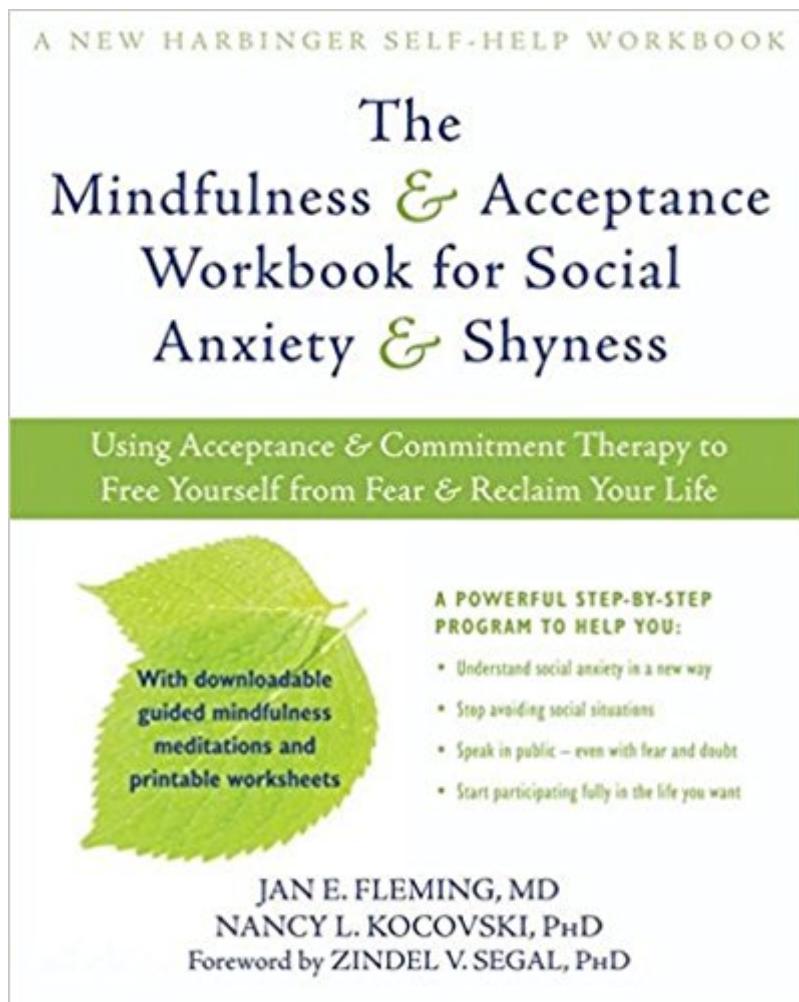


The book was found

The Mindfulness And Acceptance Workbook For Social Anxiety And Shyness: Using Acceptance And Commitment Therapy To Free Yourself From Fear And Reclaim Your Life (New Harbinger Self-Help Workbook)





Synopsis

Shyness is a common problem that comes with a high price. If you suffer from shyness or social anxiety you might avoid social situations and may have trouble connecting with others due to an extreme fear of humiliation, rejection, and judgment. As a shy person, you may also experience panic attacks that make it even more likely that you'll avoid social situations. With The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness, the authors' acceptance and commitment therapy (ACT) program for overcoming shyness has become available to the public for the first time. This program has been found to be highly effective in research studies for the treatment of social anxiety disorder and related subclinical levels of shyness. In the first section, you will confront performance fears, test anxiety, shy bladder, and interpersonal fears—fundamental symptoms of social anxiety. The second part helps you learn psychological flexibility to improve your ability to accept the feelings, thoughts, and behavior that may arise as you learn to work past your anxiety. By keeping your values front and center, you will gradually learn to move beyond your fears and toward greater social confidence.

Book Information

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Customer Reviews

Think of this book as a great skating instructor. Shyness and social anxiety push us to stay at the edge of the social skating rink, grasping tightly to a safety bar. Vitality and involvement cannot happen there. This book takes you by the hand and teaches you how to maintain your balance

and choose your direction while in the open rink of full social participation. Are you fed up with living at the anxious edge of life? Â Release your grip on the safety bar and grab this book instead—itÃ¢ ¬â„¢s time to go for it." —Steven C. Hayes, PhD, foundation professor of psychology at the University of Nevada, Reno and author of *Get Out of Your Mind and Into Your Life*“This well-written, accessible workbook describes a new approach for coping with social anxiety and shyness based on rigorous research by the authors and others. This book is an excellent resource for anyone who experiences anxiety in social and performance situations. I strongly recommend it!Ã¢ ¬Â• —Martin M. Antony, PhD, ABPP, professor of psychology at Ryerson University and author of *The Shyness and Social Anxiety Workbook*“This beautifully written book will benefit anyone suffering from shyness and social anxiety. The authors have a deep understanding and compassion for these difficulties, and their book is full of interesting and helpful exercises, all clearly explained and organized.Ã¢ ¬Â• —Ruth Baer, PhD, professor of psychology at the University of Kentucky, and editor of *Mindfulness-Based Treatment Approaches and Assessing Mindfulness and Acceptance Processes in Clients*“Jan Fleming and Nancy Kocovski have created a highly accessible guide to support the journey from anxiety to calm, from worry to clarity, for those who experience stress in the face of social engagements and new situations. Built upon carefully studied clinical applications and the rigorous science of focusing the mind in an open and peaceful way, this practical handbook offers health-creating relief for anyone with an anxious disposition—especially those with social anxiety and shyness—so that they can find the inner peace and interpersonal confidence needed to live their lives with more ease and well-being. Congratulations to the authors for bringing the research-proven benefits of mindfulness to the lives of so many who are sure to benefit from their empirically-proven and practical suggestions!Ã¢ ¬Â• —Daniel J. Siegel, MD, executive director at the Mindsight Institute, clinical professor at the David Geffen School of Medicine at UCLA, and author of *Mindsight, The Pocket Guide to Interpersonal Neurobiology*, and *The Mindful Brain*“This book captures the most cutting-edge approaches for managing one of the most common, chronic, and debilitating psychological problems. Instead of trying to manage or get rid of social anxiety, the authors offer a shift in thinking toward how anxiety is transformed with an open, receptive attitude, and how a person can make progress toward meaningful life pursuits despite the presence of doubt and social fears. Many people will be helped by the insights in this workbook.Ã¢ ¬Â• —Todd B. Kashdan, PhD, associate professor of psychology at George Mason University and author of *Curious? Discover the Missing Ingredient to a Fulfilling Life*“The authors bring their expertise and caring approach to each of the well-thought-out steps that lead to reducing anxiety over a wide

range of situations. The specific therapeutic techniques of acceptance and commitment therapy and mindfulness are translated very skillfully into exercises that lead the reader gradually, step by step, to being able to look at their own anxiety in new ways. —Richard P. Swinson, MD, FRCPC, professor emeritus at Michael G. DeGroote School of Medicine, McMaster University, Hamilton, ON, and author of *The Shyness and Social Anxiety Workbook*

Jan E. Fleming, MD, is associate clinical professor of psychiatry at the University of Toronto, ON, Canada, staff psychiatrist in the Anxiety Disorders Clinic at the Centre for Addiction and Mental Health, and clinical associate at The Mindfulness Clinic, all located in Toronto, ON. She has been a fellow of the Royal College of Physicians and Surgeons of Canada and a practicing psychiatrist for over twenty-five years. As a founding member of the Offord Centre for Child Studies in Hamilton, ON, she received support from the Ontario Mental Health Foundation, the Ontario Ministry of Health, and the National Alliance for Research on Schizophrenia and Depression, for her research on adolescent depression. Currently, her research and clinical focus are on the application of mindfulness and acceptance-based approaches such as acceptance and commitment therapy to social anxiety disorder. Nancy L. Kocovski, PhD, is associate professor of psychology at Wilfrid Laurier University in Waterloo, ON, Canada, where she teaches in the area of clinical psychology and maintains an active research program focused on social anxiety, mindfulness and acceptance-based treatments, and cognitive behavior therapy (CBT). She received a New Investigator Fellowship from the Ontario Mental Health Foundation for her work on the development of mindfulness and acceptance-based group therapy for social anxiety disorder. She received an Early Researcher Award from the Ministry of Research and Innovation in Ontario for her work on social anxiety and mindfulness. Kocovski also works as a clinical psychologist in private practice at CBT Associates of Toronto. Fleming and Kocovski have worked closely together for almost a decade to develop and test the mindfulness and acceptance-based approach outlined in this book. Their research has shown the approach to be as effective as traditional cognitive behavior therapy in alleviating the suffering associated with social anxiety disorder. Foreword writer Zindel V. Segal, PhD, is professor of psychology at the University of at the University of Toronto Scarborough, Toronto, ON, Canada. He is author of *Mindfulness-Based Cognitive Therapy for Depression* and *The Mindful Way through Depression*. For more information, visit www.actonsocialanxiety.com.

Using this book hasn't yet made me do a complete 180 or anything in my social life or with shyness,

but it has helped me do exactly what it says - accept what it is and use my mind to sort of "bend" the emotions away from the center of my consciousness to concentrate on the moment. I think this is one of those tools that you can keep coming back to for support and to retrain your mind.

Suggested by my therapist, this book explained step-by-step how to identify where your social anxiety lives and how to work WITH your anxious feelings and thoughts without trying to change or battle them. Best part - you can still be you! ACT therapy provided in this book is a great place to start!

This workbook gives great insight into how to overcome anxiety and shyness in any social situation. It is extremely well written, and gives detailed suggestions into how to overcome various hangups that we might have in getting along with others. The format is one that is very easy to follow, and put into practice. Well done, Jan.

I highly recommend this book. Very thorough, easy to use, simple worksheets. I found this helpful even when the activities weren't always followed to help gain insight into the social anxiety and properly understanding it.

Great ideas

As I stated, good for individuals looking to do some of their own work but much better when used in tandem with a therapist who is trained in the ACT model.

There's so much to consider here. For a lay person, it is extremely well organized and seems to get right to the core of what many shy people experience with such difficulty. IAnd I've never seen this information laid out all together. It's great to know how to deal with it for yourselves and others. I love the work book approach and find it very helpful for me and my family.

I liked very much the usefull techniques but would be better with some training line. All the techniques worked for me although it was meant to real hard shyness, i felt good going deeper.

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The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life (New Harbinger Self-Help

Workbook) The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy (A New Harbinger Self-Help Workbook) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook) Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & ... Tolerance (New Harbinger Self-Help Workbook) The Chemistry of Joy Workbook: Overcoming Depression Using the Best of Brain Science, Nutrition, and the Psychology of Mindfulness (A New Harbinger Self-Help Workbook) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear

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