



# Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life

By Barbara Markway, Gregory Markway

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**Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life** By Barbara Markway, Gregory Markway

Question:

- \* Do you feel shy and self-conscious in social situations?
- \* Are you plagued with self-doubts about how you come across to others?
- \* Do you feel physically sick with worry about certain situations that involve interacting with others?
- \* Do you make excuses, or even lie to avoid the social situations you dread?
- \* Do you make important decisions based on whether you'll have to participate in groups or speak in front of others?

If you answered yes to any of these questions, you're not alone. Millions of people experience social anxiety of painful shyness to such a degree that it disrupts their daily lives. In fact, as many as one out of every eight Americans will at some point suffer from what's called social anxiety disorder, or social phobia.

Social anxiety disorder is a real problem. But fortunately, it's also one that can be overcome.

Drs. Barbara and Greg Markway, psychologists and experts in the field, coach you every step of the way in this warm, easy-to-read, and inspiring book. You'll learn how social anxiety disorder develops, how it affects all aspects of your life, and most importantly, how to chart your course to recovery.

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### Editorial Review

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Social anxiety disorder goes well beyond simple shyness and can be emotionally crippling to its sufferers. Its victims find even the most informal and routine social situations threatening, and more formal events such as speeches and parties can trigger severe bouts of debilitating anxiety. Some 17 million Americans suffer from social anxiety disorder, and for every one that is diagnosed and receives help, there are probably a half dozen more who suffer in silence. This book is an excellent resource for those who suffer from this disorder, those who love them, and those who treat them. The authors start with the symptoms and some of the possible causes. Most important, they offer methods for treating the disorder, including self-treatment options. Case histories present people from a wide variety of backgrounds who have social anxiety disorder. Appendixes include help from parents of children with this disorder and other resources. An important book that addresses a topic that has received too little coverage. *Marlene Chamberlain*  
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### Review

“Reading this book is like having live therapy sessions with an expert on social phobia...*Painfully Shy* goes beyond showing us how to confront and deal effectively with our social phobia. It also gives us the tools to accept ourselves in the process.” ?Eric Joffe, *Alliance for People with Social Phobia*

“This is a highly readable book about the varied forms of social anxiety and its treatment...packed with practical tools to help readers overcome their fears.” ?Jerilyn Ross, M.A., L.I.C.S.W., *author of Triumph Over Fear*

### About the Author

**Barbara G. Markway, Ph.D.**, is a licensed clinical psychologist and the co-author of *Dying of Embarrassment*. She has appeared on Good Morning America as well as numerous national radio programs, and has been featured in newspapers and national magazines.

**Gregory P. Markway, Ph.D.**, is also a licensed clinical psychologist. He has worked in the Behavioral Medicine Department at the Washington University Medical Center, and was on the clinical faculty at the Washington University School of Medicine.

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Now a day people who Living in the era wherever everything reachable by interact with the internet and the resources included can be true or not need people to be aware of each details they get. How a lot more to be smart in receiving any information nowadays? Of course the answer then is reading a book. Reading a book can help folks out of this uncertainty Information especially this *Painfully Shy: How to Overcome Social*

Anxiety and Reclaim Your Life book because this book offers you rich details and knowledge. Of course the knowledge in this book hundred % guarantees there is no doubt in it you know.

**Daryl Thurmond:**

Reading a reserve tends to be new life style on this era globalization. With studying you can get a lot of information that can give you benefit in your life. With book everyone in this world could share their idea. Guides can also inspire a lot of people. A lot of author can inspire their very own reader with their story or perhaps their experience. Not only situation that share in the books. But also they write about the information about something that you need case in point. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors on earth always try to improve their skill in writing, they also doing some study before they write to the book. One of them is this Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life.

**Pauline Jones:**

The publication with title Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life has lot of information that you can learn it. You can get a lot of advantage after read this book. This particular book exist new understanding the information that exist in this reserve represented the condition of the world at this point. That is important to yo7u to understand how the improvement of the world. That book will bring you inside new era of the internationalization. You can read the e-book on the smart phone, so you can read the idea anywhere you want.

**Henry Jones:**

The book untitled Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life contain a lot of information on the item. The writer explains the girl idea with easy means. The language is very clear to see all the people, so do certainly not worry, you can easy to read the item. The book was written by famous author. The author provides you in the new period of literary works. You can read this book because you can please read on your smart phone, or product, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and also order it. Have a nice study.

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