



Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach (Client Workbook)

By Debra A. Hope, Richard G. Heimberg, Harlan R. Juster, Cynthia L. Turk

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(TherapyWorks. The Psychological Corporation) Manual describes a step-by-step program to guide readers through the recovery process. Includes examples to help clients apply the concept to themselves and homework assignments and tests. For therapists. Softcover.

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- Sales Rank: #2691973 in Books
- Published on: 2000-07
- Original language: English
- Number of items: 1
- Dimensions: 11.25" h x 8.50" w x .50" l,
- Binding: Paperback
- 240 pages

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Editorial Review

Review

"Incorporates client-friendly explanations and exercises practicing key cognitive-behavioral skills."--*Behavioral and Cognitive Psychotherapy*

About the Author

Debra A. Hope is at University of Nebraska-Lincoln. Richard G. Heimberg is at Temple University.

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