

1. Record Nr.	UNINA9910786954903321
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Titolo	The mindfulness and acceptance workbook for social anxiety and shyness : using acceptance and commitment therapy to free yourself from fear and reclaim your life // Jan E. Fleming and Nancy L. Kocovski
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, , [2013]
ISBN	1-60882-081-5
Descrizione fisica	1 online resource (168 pages)
Disciplina	616.85/225
Soggetti	Acceptance and commitment therapy Bashfulness Social phobia - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	WellbeingLU Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	Two leading social anxiety researchers present The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness, an acceptance and commitment therapy (ACT)-based workbook filled with assessments and exercises designed to help those with social anxiety or shyness.