

1. Record Nr.	UNINA9910960154603321
Autore	Ford Emily <1979->
Titolo	What you must think of me : a firsthand account of one teenager's experience with social anxiety disorder / / Emily Ford ; with Michael R. Liebowitz and Linda Wasmer Andrews
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2007
ISBN	0-19-046347-3 0-19-773731-5 1-281-15909-3 9786611159092 0-19-804268-X 1-4294-9195-7
Edizione	[1st ed.]
Descrizione fisica	1 online resource (177 p.)
Collana	Adolescent mental health initiative
Altri autori (Persone)	LiebowitzMichael R AndrewsLinda Wasmer
Disciplina	616.85/22500835
Soggetti	Social phobia in adolescence
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"The Annenberg Foundation Trust at Sunnylands; The Annenberg Public Policy Center of the University of Pennsylvania."
Nota di bibliografia	Includes bibliographical references (p. 145-146) and index.
Nota di contenuto	Contents; Foreword; Preface; One: Self-Conscious to the Nth Degree; Two: Moving From Dis-ease to Disease; Three: Not Just Another Shy Teenager; Four: First Steps Toward Recovery; Five: A Long Road Filled With Potholes; Six: Five Days That Changed My Life; Seven: Making Changes and Sticking to Them; Eight: My Life Today, Your Life Tomorrow; Frequently Asked Questions; Glossary; Resources; Bibliography; Index;
Sommario/riassunto	1. Introduction to Social Anxiety Disorder. 2. Moving From Dis-ease to Disease. 3. Not Just Another Shy Teenager. 4. The First Step Toward Recovery. 5. A Long Road Filled With Potholes. 6. Five Days That Changed My Life. 7. Making Changes and Sticking to Them. 8. My Life Today, Your Life Tomorrow