

[SOCIAL ANXIETY BOOKS](#)



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If you're looking for the top books to help you overcome social anxiety, then you've come to the right place. As someone who suffered with really bad social anxiety, I managed to overcome my issues by studying everything I could find relating to shyness and social anxiety. This includes scientific studies, self-help books, communication and dating gurus, etc.

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9 Great Self Help Books for Social Anxiety Disorder

Dr. Signe Dayhoff presents an overview of research about social anxiety as well as practical exercises for managing anxiety in a wide range of social activities, from dating to networking. This book is touted by many as an essential self-help manual for SAD.

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This book contains the handouts accompanying the audio / video series Overcoming Social Anxiety: Step by Step. Each handout is a cognitive strategy that will reduce social anxiety in conjunction with the therapy series itself.

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Social Anxiety Books Social Anxiety Institute

Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioral Techniques

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