



Dying of Embarrassment: Help for Social Anxiety and Phobia

By Barbara G. Markway, C. Alec Pollard, Teresa Flynn, Cheryl N. Carmin

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Americans struggle with anxiety. Among the disorder's most common forms is social phobia, a persistent fear of scrutiny and evaluation by others. Social phobia cripples the lives of some 15 to 20 percent of the US population. This distressing social anxiety includes the fear of public speaking (stage fright), performing in social and creative situations (test anxiety, writers' block), eating in restaurants, and dating. If you suffer from the symptoms of social anxiety disorder, this book offers clinically proven strategies to overcome them and start living a life of confidence.

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Review

About the Author

Barbara G, Markway, PhD, is a clinical psychologist in private practice in St. Louis, MO. She completed a postdoctoral fellowship at the Anxiety Disorders Center at St. Louis University Medical Center, where she specialized in the cognitive-behavioral treatment of social phobia and other anxiety disorders.

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