

Shyness Social Anxiety Workbook

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TEHRAN – “The Shyness & Social Anxiety Workbook: Proven Techniques for Overcoming Your Fears” has recently been published in Persian. The book co-written by Martin M. Anthony and Richard P.

“The Shyness & Social Anxiety Workbook” published in Persian

An essential element of parenting is attending to one's own thoughts and feelings. This enables parenting from a self-regulated state. There are three key elements to parental self-reflection. Parents ...

Psychology Today

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You can use this short grounding practice at times of increased anxiety or overwhelm. With practice, this can help you to become steady and continue with the task you're doing as best you can. We ...

Self-help resources

TEHRAN – Iranian drama “Yalda, a Night for Forgiveness” directed by Masud Bakhshi has won the award for best film at the Barcelona Sant Jordi International Film Festival (BCN Film Fest).

Barcelona Sant Jordi International Film Festival

But I actually think there is a more powerful theme in his book—the importance of relationships and social support in ... being published as a self-help workbook. Hunter’s memoir reportedly ...

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