Coping with Social Anxiety

The DEFINITIVE GUIDE to EFFECTIVE TREATMENT OPTIONS

ERIC HOLLANDER, M.D., AND NICHOLAS BAKALAR

Richard Gottlieb

Coping with Social Anxiety Eric Hollander, Nick Bakalar, 2005-04-07 An essential guide for the 5 3 million American sufferers of social anxiety from a leading psychiatrist and researcher An estimated 5 3 million Americans experience social anxiety disorder making it the third most common psychiatric illness in the United States Unlike people with simple shyness people with social anxiety disorder become sick with fear in social situations experiencing physical symptoms like sweating trembling a shaky voice or a pounding heart They realize their fears are irrational but they are virtually incapable of maintaining healthy relationships and performing everyday tasks in public settings without medical treatment In Coping with Social Anxiety Eric Hollander director of the Compulsive Impulsive and Anxiety Disorders Program at the Mt Sinai Medical Center explains the nature of social anxiety disorder and how it differs from simple shyness and phobia the latest research on the physiological effects of social anxiety disorder and its links with depression the full range of treatment options and how to select the best therapeutic course with the help of a medical professional Illustrated by accounts of successful treatment from Hollander's clinical practice this book will help readers make informed judgments about the proper treatment to seek for themselves or someone close to them The American Psychiatric Publishing Textbook of Psychiatry Robert E. Hales, 2008 Its previous edition hailed as the best reference for the majority of practicing psychiatrists Doody's Book Reviews and a book that more than any other provides an approach to how to think about psychiatry that integrates both the biological and psychological JAMA The American Psychiatric Publishing Textbook of Psychiatry has been meticulously revised to maintain this preeminence as an accessible and authoritative educational reference and clinical compendium It combines the strengths of its three editors Robert Hales in clinical and community psychiatry Stuart Yudofsky in neuropsychiatry and new co editor Glen Gabbard in psychotherapy in recruiting outstanding authors to summarize the latest developments in psychiatry and features 101 contributors 65 of whom are new to this edition The book boasts a new interior design with more figures and color throughout to aid comprehension Each chapter ends with 5 10 key points 5 10 recommended readings and helpful Web sites not only for the clinician but also for patients and family members The book also includes complimentary access to the full text online Online benefits include powerful searching electronic bookmarking and access by username and password from wherever you have Web access especially convenient for times when the print copy of your textbook is not where you are The online version is accompanied by a downloadable PowerPoint presentation which contains a wealth of material to enhance classroom presentation study and clinical use Among the improvements to this edition s content Of the text s 44 chapters 23 either feature new topics or have new authors making this the most completely revised edition yet New basic science chapters on cellular and molecular biology of the neuron and on neuroanatomy for the psychiatrist conveniently distill essential information on the biological foundations of psychiatric disorders for clinicians A new chapter on human sexuality and sexual dysfunctions and another new chapter on treatment of gay lesbian bisexual and transgender patients

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In a digital era where connections and knowledge reign supreme, the enchanting power of language has be apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "Coping With Social Anxiety The Definitive Guide To Effective Treatment Options," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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