



# Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach (Client Workbook)

*Debra A. Hope, Richard G. Heimberg, Harlan R. Juster, Cynthia L. Turk*

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**Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach (Client Workbook)** Debra A.

Hope, Richard G. Heimberg, Harlan R. Juster, Cynthia L. Turk

(TherapyWorks. The Psychological Corporation) Manual describes a step-by-step program to guide readers through the recovery process. Includes examples to help clients apply the concept to themselves and homework assignments and tests. For therapists. Softcover.

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