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can interfere with school or work, and may cause difficulty with close relationships. In repeated trials, cognitive-behavioral therapy has proven the most effective treatment for this disorder.

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have shown that  
most people  
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technique described  
in this book is  
research-based  
with a proven  
success rate, and

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can be used with those clients currently taking medication, as well as those who aren't. Using a model that focuses on how social anxiety is maintained rather than how it develops,...

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the program remain  
unchanged, the  
guide has been  
updated to include  
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when it becomes  
quite distressing  
and starts getting in  
the way of your  
ability to function  
and enjoy life.

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However, it is important to note that you are not alone. Social anxiety is one of the most common anxiety disorders. The good news is that there are strategies you can use to help manage your social fears.

## Step 3: Building your toolbox

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