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Fearing Others: The Nature and Treatment of Social Phobia

Ariel Stravynski

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Social phobia is commonly regarded as a kind of disease caused by a deficient inner mechanism, but it may also be considered as a purposeful interpersonal pattern of self-protection from social threats. Though a critical assessment of several theoretical perspectives, this book attempts to clarify social phobia by critically discussing four questions: what is social phobia, what causes it, what is its nature and what kinds of treatments can improve.

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