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Dr James Manning, Dr Nicola Ridgeway

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This book is an ideal companion for CBT for social anxiety. Full of useful exercises and blank CBT sheets. You can keep all your CBT records in one place and look back on them whenever you need to. The worksheets in this book can be photocopied, so this book may also be useful for therapists working with their clients. This workbook is a sister book to CBT for social anxiety written by the same authors. The authors continue to use their principle of a picture paints a thousand words, making highly complex ideas more simple to grasp, reducing mental load on the reader. The authors' very cleverly thought out approach really does make reading this book feel effortless, and allows you to absorb large amounts of information quickly and easily. Each page has been written in a simple, straight-forward manner to help you make the most of your CBT.

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