

<<Fearing others社交焦虑>>

图书基本信息

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作者：Stravynski, Ariel

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### 内容概要

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. Is social phobia a disease or a purposeful interpersonal pattern of self-protection from social threats? This book attempts to clarify social phobia through the critical discussion of four questions: what is social phobia, what causes it, what is its nature and what kinds of treatments can improve it?

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作者简介

Ariel Stravynski is Professor of Clinical Psychology in the Department of Psychology at the University of Montreal.

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