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Shyness isn't just a personality quirk—to some people it means that even a casual social interaction can be a nightmare. Endorsed by The Anxiety Disorders Association of America (ADAA), the primary organization in the U.S. dedicated to the cure of anxiety disorders, this is the only book of its kind to provide a comprehensive psychological and medical approach for sufferers of the ...

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42 Triumph Over Shyness If your child describes these symptoms in relation to social situations, the problem may be social anxiety. For example, if your son says he has a stomachache before he has to go to school in the morning, then social anxiety is a possible (but not the only) culprit. Or if a child says she's dizzy

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