



Overcoming Social Anxiety and Shyness: A Self-help Guide Using Cognitive Behavioral Techniques

Mary Burgess and Trudie Chalder

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Chronic Fatigue Syndrome (CFS) is a debilitating illness, characterised by severe exhaustion and flu - like symptoms affecting possibly 10 per cent of the UK population, for which conventional medicine currently has no cure. Now the authors, who practise at the CFS Research and Treatment Unit, University of London, have developed this new self - help guide. Via recognised CBT techniques that change our attitude and coping strategies, this approach is successful in breaking the cycle of fatigue, with a reduction in symptoms and disability in up to two - thirds of sufferers. Improving sleep patterns Practical strategies for balancing activity and rest Dealing with blocks to recovery Stress and ways of coping How relatives and friends can help.

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