

# PSYCHOLOGY

**New Harbinger Self-Help Workbook the Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free**

**<https://www.pdfdrive.com/new-harbinger-self-help-workbook-the-mindfulness-and-acceptance-workbook-for-social-anxiety-and-shyness-using-acceptance-and-commitment-therapy-to-free-yourself-from-fear-and-reclaim-your-life-1st-ed-1608820807-9781608820801->**

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<b>Publisher</b>	<b>: New Harbinger Publications, Inc.</b>
<b>Year</b>	<b>: 2013</b>
<b>ISBN</b>	<b>: 978-1-60882-081-8</b>