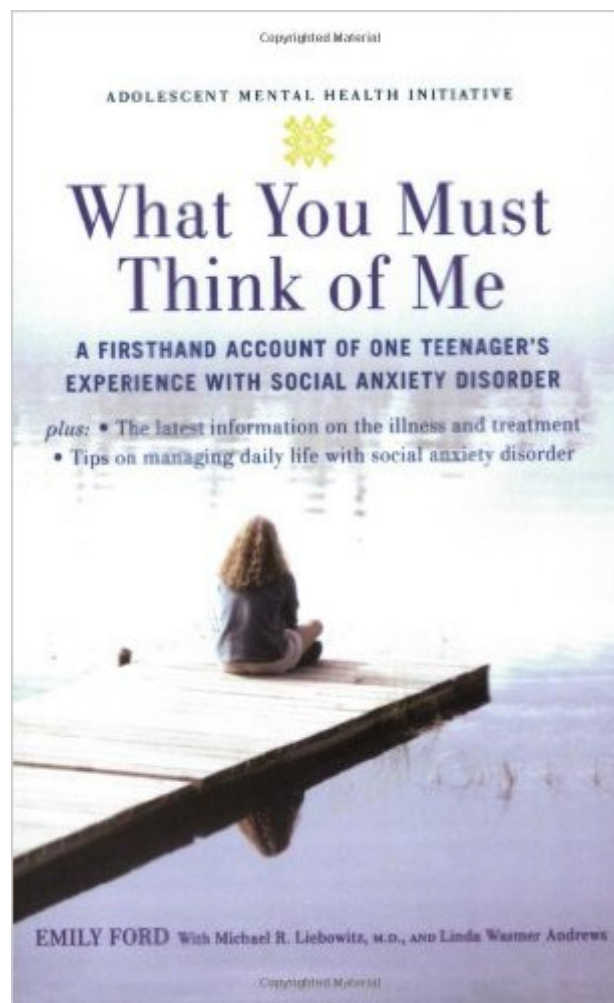


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# What You Must Think Of Me: A Firsthand Account Of One Teenager's Experience With Social Anxiety Disorder (Adolescent Mental Health Initiative)



## Synopsis

We've all felt occasional pangs of shyness and self-consciousness, but for the 15 million Americans with social anxiety disorder, the fear of being scrutinized and criticized can reach disabling proportions. Such was the case for Emily Ford, who shares her firsthand experiences in these pages. Emily's true story of fear, struggle, and ultimate triumph is sure to resonate with other socially anxious teenagers and young adults. Emily's frank, often witty, sometimes poignant account of how she negotiated all the obstacles of social anxiety--and eventually overcame them with the help of therapy and hard work--makes for compelling reading. Yet this book is more than just a memoir. Emily's story is coupled with the latest medical and scientific information about the causes, diagnosis, treatment, and self-management of social anxiety disorder (or SAD). Readers will find a wealth of solid advice and genuine inspiration here. In engaging, accessible language--and with the help of psychiatrist Michael Liebowitz--she discusses what is known and not known about social anxiety disorder in adolescents. She outlines the various psychotherapies available for those with SAD and explains how to seek professional help, how to talk to family and friends about the illness, and how to handle difficult social situations. The result is both an absorbing story and a useful guide that will help to ease the isolation caused by SAD, encouraging young people to believe that, with commitment and hard work, they can overcome this illness. Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, *What You Must Think of Me* will also be a valuable resource for friends and family of those with SAD. It offers much-needed hope to young people, helping them to overcome this illness and lead healthy, productive lives.

## Book Information

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## Customer Reviews

XXXXX"As a child, Emily was incomparable, unusual, even precocious. At age four she was writing little poems and stories, enjoying music, art, and a myriad of creative pastimes. The breadth of her imagination along with her joie de vivre was a charming combination. Then in her teens, Emily became increasingly self-conscious. Immediate post-college days marked the beginning of her deep depression...During this time she frequently slept by day and was up all night...Emily withdrew socially; personal reactions became rare. Anxiety plagued her to the point of refusing to talk on the phone...Her eating habits became bizarre..."The above is part of a letter written by the mother of the main author of this fascinating book, Emily Ford (with professor of clinical psychology, Dr. Michael Liebowitz and freelance health & psychology writer Linda Andrews). This book in a nutshell has Ford sharing her personal struggle with the serious yet treatable disorder called social anxiety disorder (SAD), also called social phobia. She takes the reader along on her incredible and courageous journey of successfully coping with this disorder, while providing useful information, help, and hope to others also suffering from it (about 15 million Americans suffer from SAD), as well as to family members and friends who want to help. It is also an excellent book for those like me (one of my degrees is a psychology degree) who want to understand this disorder from the perspective of a person who has been challenged by it. What is social anxiety disorder (SAD)? It is an anxiety disorder. Anxiety is a vague, unpleasant, emotional state with qualities of apprehension, dread, distress, and uneasiness.

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