

Resources for the Socially Anxious or Introverted

Websites

- **Anxiety and Depression Association of America:** <https://www.adaa.org/>
Information and resources on various anxiety problems, including social anxiety
- **S. Dembling, “The Introvert’s Corner”** (blog), *Psychology Today*:
<http://www.psychologytoday.com/blog/the-introverts-corner>
Series of blog posts for introverts that acknowledge that being introverted is not a “disorder” but a personality type; gives tips for managing energy levels, social life, etc.
- **WebMD’s Social Anxiety page:** <http://www.webmd.com/anxiety-panic/guide/mental-health-social-anxiety-disorder>

Books

- Antony, M. & Swinson, R. (2008): *The Shyness and Social Anxiety Workbook*, 2nd Ed, New Harbinger Publications
- Butler, G. (2008): *Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioral Techniques*, Basic Books
- Dembling, S. (2012): *The Introvert’s Way: Living a Quiet Life in a Noisy World*, Perigree Trade
- Okerlund, N. (2011): *Introverts at Ease: An Insider’s Guide to a Great Life on Your Terms*, CreateSpace Independent Publishing
- Stein, M. B., & Walker, J. R. (2001): *Triumph Over Shyness: Conquering Shyness & Social Anxiety*, McGraw-Hill