Resources for the Socially Anxious or Introverted

Websites

- **Anxiety and Depression Association of America**: [https://www.adaa.org/](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](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.

Books

- **Dembling, S. (2012): The Introvert’s Way: Living a Quiet Life in a Noisy World, Perigree Trade**