



# Social Phobia: From Shyness To Stage Fright

*John D. Marshall*

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## **Social Phobia: From Shyness To Stage Fright** John D. Marshall

Everyone feels shy or nervous occasionally, but for millions of Americans even signing a check or eating a sandwich in public evokes enormous anxiety, often leading these people to withdraw entirely from social contact. Long neglected by psychologists, social phobia has now been dubbed the "disorder of the decade." This important book, with its moving case histories, proves that this cruel condition need not doom a person to a life sentence of loneliness and despair. In his ten years of practice in anxiety disorders clinic, John R. Marshall has been a pioneer in recognizing and treating social phobia. Now he presents a vivid portrait of the disorder in all its many manifestations, from a paralyzing fear of eye contact to fear of shopping.

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