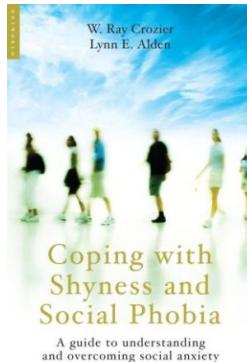


Coping with Shyness and Social Phobias: A Guide to Understanding and Overcoming Social Anxiety



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