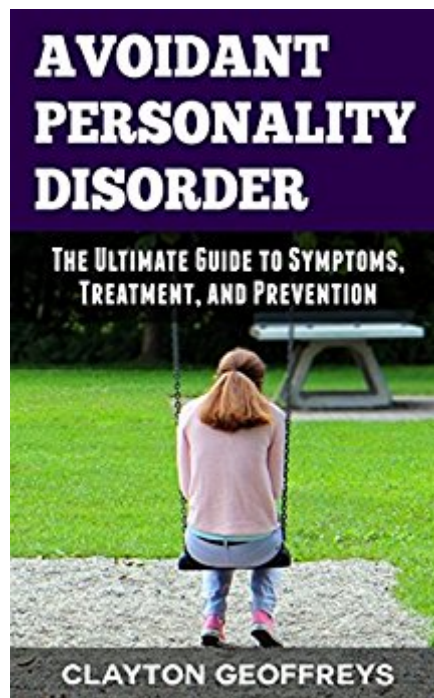


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# Avoidant Personality Disorder: The Ultimate Guide To Symptoms, Treatment, And Prevention (Personality Disorders)



## Synopsis

Learn everything you need to know to cope with Avoidant Personality Disorder! Read on your PC, Mac, smartphone, tablet or Kindle device! In *Avoidant Personality Disorder: The Ultimate Guide to Symptoms, Treatment, and Prevention*, you'll learn about Avoidant Personality Disorder, and how it can impact a person's life. This book covers a variety of topics regarding AvPD, including but not limited to feelings of low self esteem, self isolation, and discomfort in social situations. If you are looking for a book to better understand how to identify the causes of social anxiety or Avoidant Personality Disorder, we will explore it here. After learning about the causes of AvPD, we'll dig deep into treatment methods and different types of therapy that are available for those suffering from AvPD symptoms. It's time to improve your self esteem and overcome Avoidant Personality Disorder. Grab your copy today. Here is a preview of what is inside this book:

Foreword  
What is Avoidant Personality Disorder?  
The Four Subtypes of AvPD  
What Causes Avoidant Personality Disorder?  
The 9 Most Common Symptoms of AvPD  
Seven Common Therapy Methods for AvPD  
How to Choose the Right Therapy Approach  
How to Overcome AvPD: 7 Steps  
How to Find Your Escape  
Conclusion

Topics covered include cognitive skills therapy, psychological therapy, self-isolation, extreme sensitivity to criticisms, and self-deserting behaviors. An excerpt from the book: In reality, the first step in any help for someone with Avoidance Personality Disorder is an intervention of the way they are currently living their life. If the person is unable to see a problem or find help on their own, friends or family should try to intervene. Sometimes people do not often see what is right in front of them, especially when they live a life of seeing things differently from other people. When friends or family begin to see a strong withdrawal, especially when it turns into self-isolation, they need to start taking steps to help their loved one recognize that there is an issue and that help is needed. Unfortunately, those doing what they think are in the best interest of someone they care about can often make things worse. With a patient that has AvPD, taking care not to insult, reject, or humiliate them is important. This means that a well-meaning friend forcing an AvPD friend to attend a movie or go shopping is actually doing more harm than good. The friend does not realize that by forcing someone she cares about to directly face such a large fear at one time can cause the fear to get even more severe. If, instead, the friend slowly introduces a new friend to the AvPD sufferer, and the patient is being introduced in smaller increments, they have a chance to get used to the process of meeting a new person under their current restraints. For the most part, though, intervention should basically focus on helping the person realize that living with AvPD can be tolerable and helping them get professional assistance in overcoming their problems.

Tags: personality disorders, social anxiety, avoidant personality disorder, anxious, social

phobia, avoidance, anxious personality disorder, social anxiety disorder, psychology books

## Book Information

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## Customer Reviews

I am formally diagnosed with Avoidant Personality Disorder (AvPD). I fit all the DSM qualifying criteria to a tee. I have read books by Millon (x5), Benjamin (x2), Young (x2), Linehan, Kantor, Beck et al on personality disorders, as well as various other less informed and less directed authors. I met with 25 psychochologists/psychiatrists inside and outside hospitals, and had hundreds of counselling sessions - all on this topic. In addition, I have analysed and obsessed over this topic for many years in an effort to get relief from the chronic and severe dysfunction I have. This book touts itself as "The Ultimate Guide". This is utterly untrue. It is, at best, "A First Introduction" - I personally gained nothing from it. The book is 68 pages of large print, double spaced on small pages. It can be read and fully absorbed in well under an hour. It has just 2 references - both come from a single website. The contents of the book itself are representative of this dearth of research. It consists of generalities again and again. For example at one stage it says something like "your therapy may be once or twice a week, or more or less than this". This statement is near meaningless - it covers all possibilities! Unfortunately the book itself is like this throughout - covering all possibilities, not ruling

anything in or out, and not making any insight. Where it does make a good suggestion, this is happened on by chance in a list of possibilities. There is no indication the author knows the "good" from the "bad". The book was cheap - it cost me something like \$12. Although it has no insights, I can see it as having merit for someone who is completely unfamiliar with personality disorders and clinical psychology.

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Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms)  
Schizoaffective Disorder: Your Quick Guide to Understanding Schizoaffective Disorder (psychotic disorders)  
Colon Cancer: The Complete Guide to Understanding It: Causes, Symptoms, Stages, Treatment & Prevention  
The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders (Sourcebooks)  
Stroke and Brain Injury Unraveled: Prevention, Causes, Symptoms, Diagnosis, Treatment, Recovery and Rehabilitation of One of the Most Debilitating Maladies You Hope You Never Have in Your Lifetime  
Schizophrenia: Understanding Symptoms Diagnosis & Treatment [mental illness, schizophrenic, schizophrenia disorder] (schizoid, schizoaffective, schizophrenia paranoia)

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