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Author Jennifer Shannon,
LMFT, is the author of The
Shyness and Social
Anxiety Workbook for
Teens and clinical director
and cofounder of the
Santa Rosa Center for
Cognitive-Behavioral
Therapy, in Santa Rosa,

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About the Author Jennifer Shannon, LMFT, is the author of The Shyness and Social Anxiety Workbook for Teens and clinical director and cofounder of the Santa Rosa Center for Cognitive-Behavioral Therapy, in Santa Rosa, CA.

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