



Shy Bladder Syndrome: Your Step-By-Step Guide to Overcoming Paruresis

Steven Soifer, George D. Zgourides, Joseph Himle, Nancy L. Pickering

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Paruresis is a condition that prevents people from urinating in public, sometimes even in their own homes if others are in adjacent rooms. The good news is that this anxiety disorder is highly treatable. **Shy Bladder Syndrome** offer strategies and easy-to-follow exercises to help you desensitize yourself to fear-producing situations and feel comfortable in public restrooms. Graduated exposure will help get you to the point where you can tolerate the anxiety of relieving yourself in a public washroom or other shared space.

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