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Sickness, Christopher  
Lane painstakingly  
shows how the  
category of 'mental

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disorder' has been expanded in recent decades, so that what were once considered normal emotions or everyday foibles--shyness, rebelliousness, aloofness, and so on--have been relabeled as phobias, disorders and syndromes."

## **Shyness: How Normal Behavior Became a Sickness**

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**Shyness: How Normal Behavior Became a Sickness.** In the 1970s, a small group of leading psychiatrists met behind closed doors and literally rewrote the book on their profession.

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syndromes."

**Shyness: How  
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Became a Sickness -  
Kindle ...**

Now that shyness has become a disease, which emotion will be next? The April 2005 issue of *NeuroPsychiatry Reviews* features two colleagues debating quite seriously whether the next edition of *DSM* should include



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criteria for a new  
psychiatric  
problem: apathy.

**Shyness: How  
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on JSTOR**

title = "Shyness: How  
normal behavior  
became a sickness",  
abstract = "In the  
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their profession.

Revising and greatly expanding the Diagnostic and Statistical Manual of Mental Disorders (DSM for short), they turned what had been a thin, spiral-bound handbook into a hefty tome.

### **Shyness: How normal behavior became a sickness**

...

Shyness: How Normal  
Behavior Became a



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of normal human variation as mental disorders and so exaggerates the ... He argues that shyness became a medical condition best treated by drugs as a result of battles between ...

## **Shyness | Yale University Press**

'Shyness: How Normal Behavior Became a Sickness' By Christopher Lane. Nov. 3, 2007 12:01 am ET

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Introduction: Bashful  
No More . A  
Sickness

**'Shyness: How  
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Became a Sickness' -  
WSJ**

Inhibition, withdrawal from social activities, anxiety, and depression can result from shyness. Shyness encompasses a broad spectrum of behaviors. It's normal for children to sometimes feel shy in...

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## **Shyness: Causes, Signs, and Treatment**

In "Shyness: How Normal Behavior Became a Sickness" (Yale University Press, October 2007), Northwestern's Christopher Lane chronicles the "highly unscientific and often arbitrary way" in which...

**How shyness and**

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**other normal human  
traits became  
sickness**

"In his brilliant  
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decades, so that what  
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foibles—shyness,

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rebelliousness,  
aloofness, and so  
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relabelled as phobias,  
disorders and  
syndromes."—Brendan  
O'Neill, New Statesman  
and Society

## **Shyness: How Normal Behavior Became a Sickness by ...**

In " Shyness: How  
Normal Behavior  
Became a Sickness "  
(Yale University Press,



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October 2007),  
Northwestern's  
Christopher Lane  
chronicles the "highly  
unscientific and often  
arbitrary way" in which  
widespread revisions  
were made to "The  
Diagnostic and  
Statistical Manual of  
Mental Disorders"  
(DSM), a publication  
known as the bible of  
psychiatry that is  
consulted daily by  
insurance companies,  
courts, prisons and

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## Shyness How Normal Behavior Became A Sickness

schools as well as by physicians and mental health workers.

### **How Shyness Became a Mental Illness: Northwestern ...**

More specifically, in his book titled *Shyness: How Normal Behavior Became a Sickness*, Lane (2007) notes the emerging controversy regarding the medicalization of shyness by the

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pharmaceutical ...  
Became A

**Shyness: How  
normal behavior  
became a sickness**

The primary defining characteristic of shyness is a largely ego-driven fear of what other people will think of a person's behavior. This results in a person becoming scared of doing or saying what they want to out of fear of negative reactions, being laughed at,

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humiliated or patronized, criticism or rejection.

## Became a Sickness

### **Shyness - Wikipedia**

Shyness: How Normal Behavior Became a Sickness “Well-researched” —Elsa Dixler, New York Times Book Review “Well-written and incendiary” —Journal of the History of the Behavioral Sciences “... features the manipulations that promoted social

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Became a  
Sickness  
anxiety disorder to a  
national emergency”  
—Frederick Crews, New  
York Review of Books

**Christopher Lane |  
Author, Journalist,  
Professor**

'In his brilliant *Shyness: How Normal Behaviour Became a Sickness*, Christopher Lane painstakingly shows how the category of 'mental disorder' has been expanded in recent decades, so that

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what were once considered normal emotions or everyday foibles shyness, rebelliousness, aloofness, and so on have been re-labelled as phobias, disorders and syndromes.' --New Statesman and Society

## **Shyness: How Normal Behavior Became a Sickness: Amazon.co ...**

Lane writes elegantly and passionately about

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Sickness

the need to maintain our consciousness about the maddeningly rich complexity of human emotion and thought."--Yasmin Nair, Windy City Times "This well-written book is a thoughtful examination of shyness and its relation to psychopathol, "In his brilliant Shyness: How Normal Behaviour Became a Sickness, Christopher Lane painstakingly shows

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**Shyness : How  
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Became a Sickness  
by ...**

I very much enjoyed reading Lane's thought-provoking book, and I would highly recommend it... ”.

—Brian J. Cox, New



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England Journal of  
Medicine. “In his  
brilliant *Shyness: How  
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