



# Understanding the Blush

*Raymond Crozier*

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## **Understanding the Blush** Raymond Crozier

Blushing is a very common experience – most of us will blush at one time or another – but in many ways it is a puzzling phenomenon that has proved difficult to explain. Why should we draw attention to ourselves when we least want it? Why can't we prevent blushing from occurring or stop it when it does? This timely book describes in a straightforward manner a psychological approach to the study of blushing, including fear of blushing. It draws upon psychological research but is accessible in style and aimed at the general reader. It will be particularly useful for students interested in emotions and anxiety. Topics covered include the biology of blushing, embarrassment, shyness and social anxiety, as well as treatments for fear of blushing. The author has undertaken extensive research into blushing, shyness and embarrassment and has published widely on these topics.

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