



Social Anxiety: Get Rid Of Social Anxiety and Shake Your Shyness (Increase Self Control, Stay Motivated, and Conquer Social Situations)

Alex Carter

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Ever felt of Fear when you are around people, especially with a big crowd? Have you experienced panic attacks when talking in front of an audience? Do you often feel that people judge or scrutinize you, so you become self-conscious? If your answer is “yes” to these questions, then you are probably experiencing social anxiety. Social anxiety, or what is also called as social phobia, is a disorder where the affected person feels intense fear during social situations. They are also embarrassed and nervous when they feel that people around them are closely watching and criticizing them. You may think that these are just symptoms of ordinary shyness, but this book will help you understand that social anxiety should be taken more seriously because it affects the quality of your life. A person with this disorder might not be comfortable dining out with friends and even a simple chore like a trip to the grocery or mall could be a humiliating or traumatic experience. The good thing is, you can help yourself to get over this disorder; and this book will show you how! Here's a preview of what you'll learn and conquer... - Understanding Social Anxiety - Symptoms of Social Anxiety Disorder - Effects of Social Anxiety - Getting Rid of Social Anxiety Disorder - Desire Change - Practice Mindfulness - Face Your Fears Head On - Stay Motivated Brush away Social Anxiety when it happens, use this guide to improve social situations!

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