



Social Anxiety: How to Overcome Shyness, Stress, and Live a Happier Life (Social Anxiety, Shyness, and Stress)

Bret Purvis

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Discover How to Overcome Social Anxiety For Life!

Social anxiety disorder is one of the most common forms of anxiety disorder. In fact, it is the second most popular. In the United States alone, over 19 million people have it. Men and women of all ages can have it. It is more common in adolescents and young adults, although young children may also exhibit symptoms.

According to statistics, women are more susceptible to developing it than men.

Social anxiety disorder is characterized by the development of unreasonable and excessive fear of social situations. Those who suffer from it tend to become anxious and self-conscious in public. They feel this way because they are afraid of being observed, judged, or criticized. They do not want to be embarrassed or look bad in the eyes of other people. They do not want to commit mistakes either.

People with social anxiety experience high levels of stress whenever they are out in the public. They just do not like socializing or mingling with others. Some of them even develop anticipatory anxiety, which is a condition that is characterized by fear of upcoming situations. These people think of the worst things that may happen to them, such as making a fool of themselves in front of many people.

Here is a Preview of What You'll Learn...

- Common Triggers of Social Anxiety Disorder
- Common Causes of Social Anxiety Disorder
- Signs and Symptoms of Social Anxiety Disorder
- Common Myths Surrounding Social Anxiety
- Exposure Therapy
- Social Skills Training
- Cognitive Restructuring
- Symptom Management Skills
- And much, much more!

- **Take Control over your life today and buy this book at the discount price of \$0.99!**

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