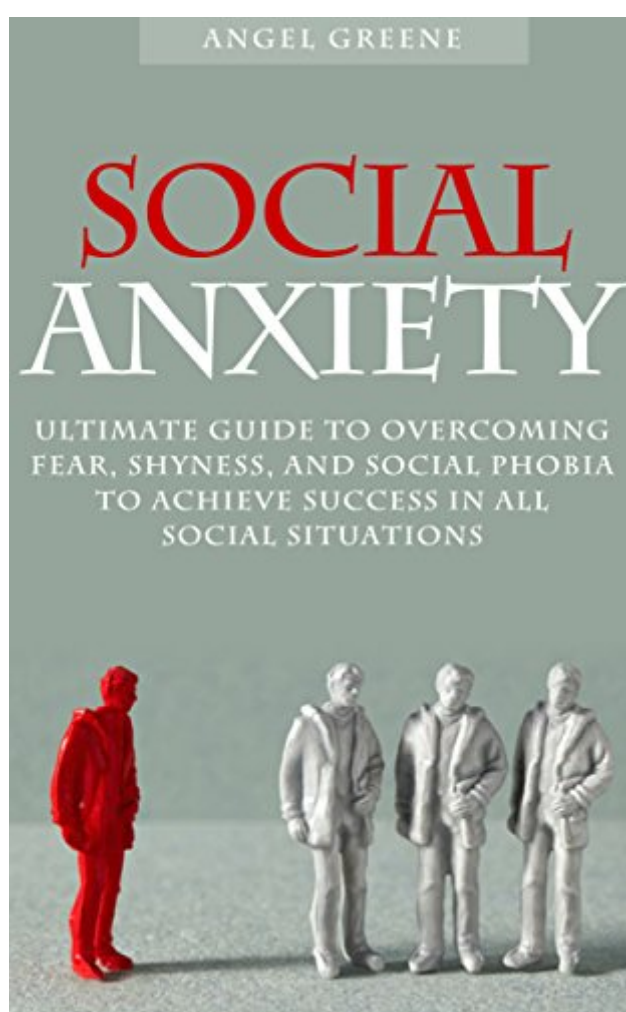


The book was found

Social Anxiety: Ultimate Guide To Overcoming Fear, Shyness, And Social Phobia To Achieve Success In All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment)



Synopsis

Updated and Expanded 4th Edition on May 15th, 2016
FREE BONUS: 23 Health Tips & Hacks You Probably Aren't Doing But Should Be to Reduce Fatigue, Improve Sleep and Recovery, Boost Sex Drive, and Heal Your Gut
Read for FREE with Kindle Unlimited!
Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in all Social Situations
If you are suffering from social anxiety disorder, if you feel that others are judging you for being nervous, shy or fearful of a situation then you have come to the right place. Of course, if you suffer from social anxiety, you could add to that quote by adding the words "or what might happen" to the end. Social anxiety is a highly debilitating condition, leaving sufferers as complete nervous wrecks, no matter what the situation. There are always going to be people who tell you to "pull yourself together", without realizing exactly what it is you are going through, even though they themselves may feel a touch of anxiety when they are nervous or fearful about something. The fact is, social anxiety is a big issue, leading to far bigger symptoms and having a serious impact on life. This book will show you how to overcome this, how to get back your confidence and how to regain the life you once had. By reading Social Anxiety, you will learn:
What social anxiety is and how to determine if you may have that condition
The behavioral, thinking, evolutionary, and biological causes of social anxiety disorder
Four responses that prevent us from overcoming social anxiety
Eight steps to overcome your social anxiety
This book has sought to give an understanding of what social anxiety is and what a person who has it may be feeling as well some techniques on how to face it down. Please remember, these techniques are not just a one off; they are things you can do for as long as you need to, for as long as you are gaining a benefit from them. If you find that nothing has changed that you still feel unable to face social situations without feeling socially anxious, it may be time to seek advice from your doctor. He or she can recommend other options that may be of more benefit to you.
ACT NOW! Click the orange BUY button at the top of this page! Then you can begin reading Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in all Social Situations on your Kindle device, computer, tablet or smartphone.

Book Information

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Customer Reviews

This is a great book for those looking to find ground in a more social environment. As a child I was pretty shy and it was really hard for me to find a group friends where I feel secure and comfortable with. The author discusses what anxiety is and how it is your bodies natural reaction to certain situations, it is simply up to you to control it. Not only teaches you how to control it by restructuring beliefs to positivity through autosuggestion, but also discusses the importance of ensuring that before you step out of your comfort-zone (making sure that your life is in order before stepping out can reduce stress and anxiety). This book give various ways that you can practice at home before you are comfortable enough to move on to the steps/activities that are set outin this book to increase your confidence in your social life.

I have never taken the time to write a book review before, but this one is so poorly written that I've decided now's the time. I've never been more disappointed in a book. It is written in a juvenile " and often annoying " style, and there are grammar mistakes and typos on almost every page. The book offers little insight and seems as though the author simply pieced together random tidbits of information from the internet, with little depth. I could have found out more by Googling my questions about social anxiety. I am highly skeptical of all of these five-star reviews; they come across as phony. Do not waste your money.

I had this feeling way back my college days and it was very hard to overcome. I felt so lonely and so

depressed, it wasn't easy. Being afraid by anyone no matter if the person, who we have to deal, is important or not is going to affect our self-esteem, though of course if the fear is from someone important to us, the blow will be harder. Our coping mechanism varies to a certain extent based on the level of emotional bank we have imposed on the other person. This book has helped me determine better on how to interact with the people into the path of thinking that the shyness doesn't always have to do with my personality, skill set or abilities. In addition, while reading this book, the memories flashed back and I learned a lot. Great tips, a very helpful book for the topic!

As much as I hate to admit it, I do suffer from a degree of social anxiety, but I think we all do. Everyone is always nervous for the presentation they have to give, or for that meeting or speech. My anxiety was getting so bad, where I did not even want to go to work, and I felt very uncomfortable there. I never knew that there were things stopping me from overcoming social anxiety, but after reading this book, I learned that there were four responses that prevent us from overcoming social anxiety. Also, a very easy to follow, eight steps to overcome your social anxiety. I tried them all, patiently I may add, this did not happen over night. And slowly, I felt the anxiety wash away from me.

This is one of those poorly researched self published E-books that they just took and pressed out a few quick hard copies of with no regard for editing (they still refer to it as an E-book in the copyright section for Pete's sake) or formatting. A quick giveaway of these kinds of books is the very cheap feeling material for the cover and paper, lack of any title on the spine, and poorly formatted text, (weird margins or typeface, lots of typos, etc), and the overly long names (probably either due to poor attention to detail in the listing or in an attempt to maximize the likelihood that it will show up in a search from having so many relevant words.) This style of book is basically a scam, the "author" will cull some information on a subject, which could be anything from how to learn French, how to cook, diet, cope with anxiety, etc, off of Wikipedia or other easy resources and compile it. They don't have any expertise or authority on the subject. A quick search for the name listed here (Brian Adams) or the name listed on the cover of the book (Angel Greene) will show they have no reputation in either the field of psychology or literature. I wouldn't be surprised if these weren't even real people. Some of the information in the book might very well be helpful, but you'd get the same information by just googling "how to deal with social anxiety." If you want something a little more in depth than an online article, you need a book from a reputable psychologist.

I am a very shy person. I am suffering from social anxiety. I don't like to be with people. I am trying to overcome this. I tried a lot of books and videos in this area. This book is one of the best books I came across. This book is a great guide to overcoming the social anxiety. I hope to be able to apply all the tips and tricks in it. I loved chapter 3 because it is taking about the reasons that prevent us from overcoming social anxiety. In order to succeed we need to get out of our comfort zone. I think having a well is the key in achieving this goal. It is a nice book, I finished reading it in under 1 hour. I will try to use this information.

I've found this book very helpful, It describes the problem and it possible causes. You don't need this is you're suffering it, but it is necessary to read it if you want to help someone you care about. There are a lot of things that go through the mind of a person with social anxiety, this book explains how to avoid them easily, step by step and one by one. I bought this for a very close friend and reading it convinced me that he can really overcome the social anxiety. Reading is a great way to help yourself and this book explains everything in a way everybody can read it and go at their own rhythm to pass over his/her anxiety and get comfortable by sharing with others again.

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