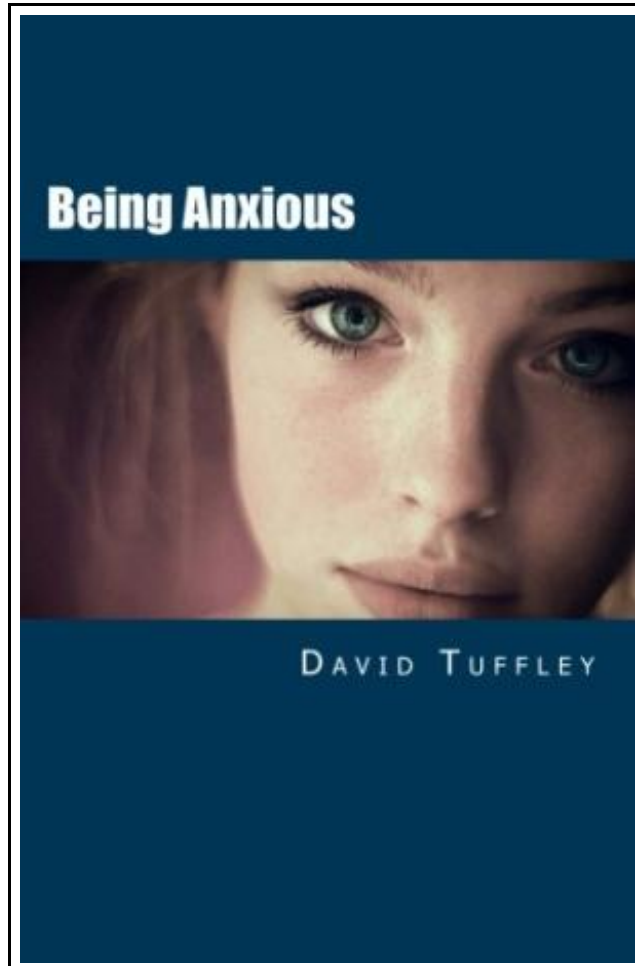


Being Anxious: Help for Social Anxiety



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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.
(Alfreda Bradtke)

BEING ANXIOUS: HELP FOR SOCIAL ANXIETY



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Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Practical, down-to-earth advice on what Social Anxiety is, what causes it and how you can deal with it. In this no-nonsense how-to guide you will get a set of Cognitive Behavior Therapies that have been proven to work with a generation of sufferers. - use them, safe in the knowledge that these have already worked for countless people already, people who now live richer, more satisfying lives. Social anxiety (or social phobia) is the debilitating fear of interacting with people. At its heart is the belief that you are being negatively judged, which leads you to avoid those situations where being judged is a possibility. To make matters worse, it is a self-reinforcing fear in which the more often you avoid situations, the more established and habitual the fear of negative judgement becomes. You can understand the nature of social anxiety by seeing it in its evolutionary perspective. In our evolutionary past, strangers were dangerous. Being wary of them helped us to survive. There were the family and close friends inside our circle of trust, and then there was everyone else. There was only ever us and them . The world is not as dangerous as it once was. The foundation for dealing with social anxiety is to understand at a rational level that in today s world we do not need to be so scared of strangers. As dangerous as they might once have been, today they are less dangerous. To watch the news on TV or read the newspapers, you could be forgiven for thinking that the world is a dangerous place indeed, but that is a distortion of reality. Every year the world becomes a...



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