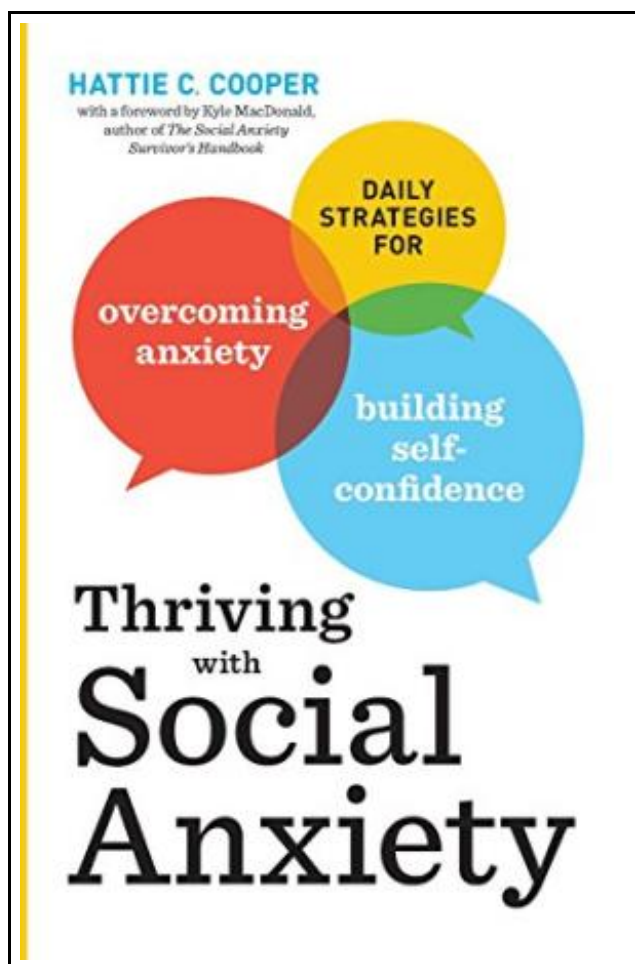


Thriving with Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence



Filesize: 5.44 MB

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THRIVING WITH SOCIAL ANXIETY: DAILY STRATEGIES FOR OVERCOMING ANXIETY AND BUILDING SELF-CONFIDENCE

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Callisto Media Inc., United States, 2016. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book. Hattie Cooper, the blogger behind The Anxious Girl's Guide to Dating, knows anxiety. She has lived with Generalized Anxiety Disorder for years. Reading this book is like getting advice from a friend who has been there. Hattie shares immediate, easy-to-use strategies for tackling your Social Anxiety Disorder and creating healthy habits. Featuring expert advice from foreword writer and registered psychotherapist Kyle MacDonald, the tools in these pages will help you beat your anxiety and reveal your most confident self. Does this sound familiar? You reluctantly decide to attend a networking event with a coworker who backs out at the last minute. The idea of going alone fills you with debilitating anxiety. You dread an upcoming job interview. Giving a presentation at work keeps you awake at night. For the millions of Americans affected by social anxiety disorder (SAD), it can make them avoid situations that have the potential to lead to positive outcomes. Fortunately, social anxiety can be overcome. In *Thriving with Social Anxiety*, you'll get a practical, accessible primer from someone who knows what it's like to live with social anxiety-and in-the-moment strategies to manage and overcome your anxiety. Hattie Cooper guides you to reframe negative thoughts, achieve goals, better understand your disorder and-through the process-better understand yourself. Using the strategies in this book as part of your treatment plan, you will learn quick, effective ways to manage your social anxiety and put your most confident self forward in any social situation. Learn valuable methods for managing your anxiety, with: 5, 10, and 30-minute therapeutic strategies Sample daily schedules, quick quizzes, and worksheets A brief brain-body primer detailing the connection between your thoughts and physical reactions...



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