



Social Anxiety: The Social Anxiety Cure: Stop Caring What People Think, Overcome Fear & Gain Confidence (The Complete Guide On Overcoming Social Anxiety)

Michelle Audet

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In the U.S. alone, 15 million people suffer from social anxiety. This is more than any other anxiety disorder, compromising nearly 7% of the population. That is, about 1 in every 14 people is afflicted. It is a problem that demands attention. According to the Anxiety and Depression Association of America, “social anxiety is highly treatable. However, only one third of those affected seek help”. Many assume that it is something they have to live with, or that they don’t have the time, energy, or money to deal with it. Yet help can come in many shapes and sizes...

“Care about what other people think and you will always be their prisoner” - Lao Tzu

Stop caring what people think! Overcome fear and gain confidence! With a personal touch, this e-book will guide you through the therapeutic process of discovering where your social anxiety comes from, how, when, where, and why it presents itself, what errors in thinking cause it, and how to transform your old anxious patterns into new, open, and accepting gateways into life!

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