



# **Social Anxiety: Overcome Social Anxiety and Finding the Courage to Be Your True Self Anywhere and Anytime. (Mind Hacks) (Volume 1)**

*Jerry Bolden*

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## **Start your Healing Process Today!**

### **Do you feel misunderstood even by therapists?**

**Social Anxiety is often overlooked**, even by professional therapists.

Do you feel that the people that you trust do not fully understand what it is like for you to meet new people, talk on the phone, or walk down the street?

This might be due to something called Social Anxiety.

### **Free Bonus Inside**

## **What you may not know about Social Anxiety: The Facts & the Stats**

### **Do you feel that your normal life is restricted?**

You might feel trapped feeling that your life is restricted in some ways. You know in your mind that this is not right, but you still feel the fear and panic when you need to interact with other people. This might be the flutter you feel in your heart, or the raw pain that crops up in your stomach.

### **Do you feel alienated?**

Does it seem like no one understands what you are going through and you feel the need to hide from them so they do not discover your feelings?

You might find that you shut yourself off from family and friends because they do not understand. You might also find that you are afraid that if they do find out what is bothering you they will not be able to accept you.

### **Are you self-conscious?**

Do you think that no matter what you wear it is not right?

When you are dealing with social anxiety you tend to think that everyone is judging you. Furthermore, you feel that they are thinking negative things about you. You might spend more time worrying about what others are thinking of you rather than what is actually going on around you. You might replay conversations that you have over and over again in your head, determining that you did not sound intelligent or have said the wrong thing.

**There are things out there you can do to getting better.** You are not alone in this battle. There are an estimated 15 million people out there who are suffering from social anxiety. It might sound cliché, but the first part of getting help and overcoming social anxiety is to admit that there is a problem.

In this book, you will learn more about what social anxiety is. You will also learn the symptoms that those that suffer from social anxiety have. You will find the most common misdiagnoses are of those that have social anxiety. There are a number of tips on how to start living the life that you want. You will also find out what “introvert person” really means; together with the advantages and how to overcome it in some situations.

**ACT NOW! Click the orange BUY button at the top of this page!**

Tags: social anxiety, social anxiety relief, social anxiety cure, social anxiety and shyness, social anxiety self help, social anxiety treatment, social anxiety workbook

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