



Social Anxiety: Stories Of Those With Social Anxiety And How They Overcame Shyness

Grant Anderson

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This book features real stories from real people suffering from social anxiety. Sometimes, all it takes to start moving forward is to read stories from other people who are also struggling with the same symptoms as you (or your loved ones). The book also includes tips that can help you achieve success and overcome social phobia.

What's inside the book:

- How social anxiety gets diagnosed
- My life with social anxiety
- A guide to social anxiety treatments
- Challenging negative thoughts
- Learning to control your breath
- Facing your fears
- Build stronger relationships
- Change your lifestyle
- CBT – cognitive behavioral therapy
- A guide to social anxiety medications
- Social anxiety setbacks and maintaining your progress
- Social anxiety triggers
- Stories from people who were able to overcome social anxiety

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Alma Bulger:

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Sang Weems:

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Katherine Khan:

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