



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

Hattie C. Cooper

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LIMITED TIME PROMOTIONAL PRICE

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
- Mindfulness activities, including meditation, essential oils, and exercise
- Celebrity tips for coping with social anxiety (including singer Adele and actress Jennifer Lawrence)

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Michael Watkins:

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Now a day individuals who Living in the era where everything reachable by connect to the internet and the resources in it can be true or not call for people to be aware of each details they get. How many people to be smart in having any information nowadays? Of course the reply is reading a book. Examining a book can help persons out of this uncertainty Information specifically this Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence book since this book offers you rich facts and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it you probably know this.

Gary Lund:

The ability that you get from Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence could be the more deep you excavating the information that hide into the words the more you get enthusiastic about reading it. It does not mean that this book is hard to comprehend but Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence giving you enjoyment feeling of reading. The article writer conveys their point in certain way that can be

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