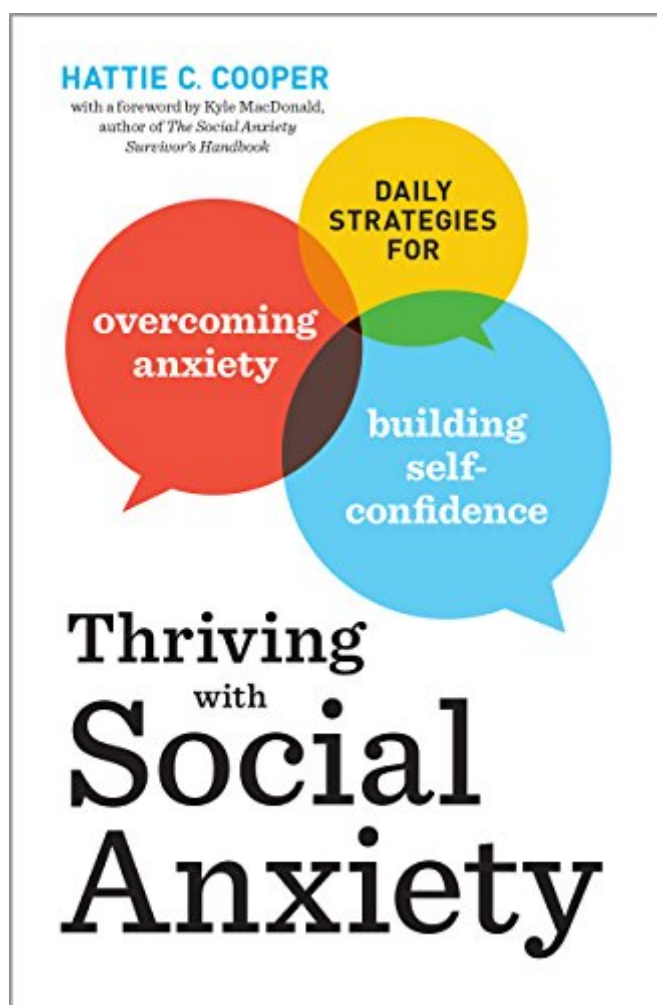


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# Thriving With Social Anxiety: Daily Strategies For Overcoming Anxiety And Building Self-Confidence



## Synopsis

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)

## Book Information

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## Customer Reviews

This book is basically a walk through on Social Anxiety Disorder. It talks about what the symptoms might or might not look like. The book talks about what situations would possibly provoke a situation. Medications and other treatments are listed and talked about. The author also talks about what it feels like to live with this disorder, and how to interact with someone who has it. This is very helpful for those who need it.

As a person that suffers from social anxiety this book is a great tool for me. I really like that it helps you set a schedule daily and even has some 30 minute exercises to do. One of my favorite tips in the book is to practice mindfulness and think about what you are doing and how you are actually feeling while doing it. There is a lot of help in this from medication advice to changing your diet. Great book that I will be able to go back to again and again. I did receive this item free in exchange for my honest review.

I never knew that social and Zaidi was actually a thing I just thought you know that some people are just awkward like I am I definitely have a slight case of social anxiety I do not like big crowds that I'm always nervous and feel anxious when I'm around people or people I do not know. Reading this book has helped me a lot with understanding my social anxiety as well as helping me too well take back control of my life like the book says and to not be so anxious when out and about or around people I don't know. It gives you different strategies to help basically diffuse yourself from feeling anxiety and routines to follow. It also gives 5, 10, and 30 minutes therapeutic strategies, natural remedies to use versus getting prescriptions to help manage my anxiety. Definitely recommend this

for anyone who does or who thinks they may suffer from social anxiety. These are absolutely 100% my very own honest opinions after having received and tried this product for evaluation and inspection purposes for free in exchange for an unbiased and honest review.

I have to admit I was a little skeptical when I got this book. Boy was I wrong... After reading this it's been extremely helpful. I have friends who are always inviting to events but I hate being around large groups of people. I always missed out on the fun. Getting this book was a huge step for me. It is teaching me to overcome these feelings. It might take a little time but this is the first step. I'm learning to be confident! This book might just be a life changer for me.

I think this book is a great resource for anyone who has anxiety. The chapters are laid out simple and easy to follow and there are some simple exercises to do in each one to help get past road blocks in your social anxiety. It lays out how anxiety works and how it makes your body react in the basic way. My favorite part is when it went over 'anxious thinking' and how to break your thoughts down to prevent and control your thoughts. I highly recommend this book if you have anxiety or if you have someone in your life that is suffering through anxiety as well. I was given this book for an honest review- and I am impressed with it.

Social anxiety is definitely real, and this book really covers all aspects of it, including how to handle and work your way through panic attacks and anxiety. It explains what social anxiety is, and covers the different types as well. There are quizzes and different scenarios to help you understand it more. I especially love the section on natural remedies. I believe in less prescribed meds, and more natural approaches, and this book encourages the use of essential oils, which I find to be amazing for so many things! Thriving with Social Anxiety is a great book for anyone suffering from social anxiety and is very well written. I received this book for the purpose of review, and all opinions are 100% my own, based on my personal experience with this book.

This is a very strong reference for someone who has recently been told, or suspects that they have social anxiety. Social anxiety, like depression, is something many people are told to "snap out of," as if someone can simply will themselves into not experiencing it. This book explains why it isn't that simple, while providing examples and guides for addressing common issues and situations that arise for people who have social anxiety. If you're new to this diagnosis, this book can go a long way toward understanding the condition, and exploring steps to manage it more effectively. It may also

help you decide whether or not you need a doctor's help to cope with your anxiety. I was given a copy of this book in exchange for an honest review.

I am, by trade, a behaviorist. I also have social anxiety. This book is a great tool for both aspects of my life. The book starts by explaining anxiety, panic attacks, etc... I found this guide to be well-written and clear with explanations and tool-building exercises. There are also tips and tricks to help combat anxiety while it is happening. The thing I most appreciated about this book is that the exercises are broken down in timeframes. So, if you only have 10 minutes to work on building some skills, there are activities for that. Have 30 minutes? You can find activities for then as well. The book is written so that it is easy to read through from cover to cover, but it is also broken down well enough that you can pick certain topics easily. I think I will be carrying this book with me. Item received in exchange for my honest review. Opinions expressed are entirely my own.

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