



# **Social Anxiety: Ultimate Guide On How To Overcome Your Fear Of Being Judged (Overcome Shyness, treatment, Relief, social anxiety disorder, phobia)**

*Poul West*

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**Learn how to overcome social anxiety disorder, so you can live the life you of your dreams.** Did you know that in 1993, social phobia was branded the “disorder of the decade” which earned it the name “Social Anxiety Disorder”. In the U.S, Social Anxiety Disorder ranked third among the largest psychological disorders after alcoholism and depression. S.A.D (social anxiety disorder) is a serious matter. I if you have it, and you don’t do anything about it, you might as well wave goodbye to all of your dreams, unless you’re planning to live your whole life alone. It’s that bad. Most people don’t understand it; “I mean, what’s so hard about going up to the cashier, when all you have to say is “hi”, “Yes please/no thank you” and “goodbye”?”. If you’re one of those, this book will make you understand. Anxiety isn’t something you can RATIONALIZE yourself out of. Anxiety can be an intense feeling that EASILY will overwrite any logic. Even just walking past another person can be scary. Because something deep within fears the answer to the question; “what might the person think of me?”. In order to overcome this, you’ll have to dig deeper, you need to understand and you’ll need to know where to start, when you want to overcome it. You can’t start big. It’s like lifting weights. Start SMALL or it might be too much for you to handle. **You can THINK big for motivational purposes, but you’ll have to START small.** This book is the best place to start. It will make you understand WHAT S.A.D is, WHY you have it and HOW you actually make it worse. Yes, you read that correct. Most people with S.A.D do things that might seem good for their anxiety, but it’s actually making the whole thing worse. This book will guide you in the right direction. Overcoming S.A.D is not a sprint, it’s a marathon. Accept it and believe in yourself, and you’ll be able to do wonders, I know you can do it. **Make a change in your life, ACT NOW. BUY the book and BEGIN your journey to PERSONAL FREEDOM.**

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