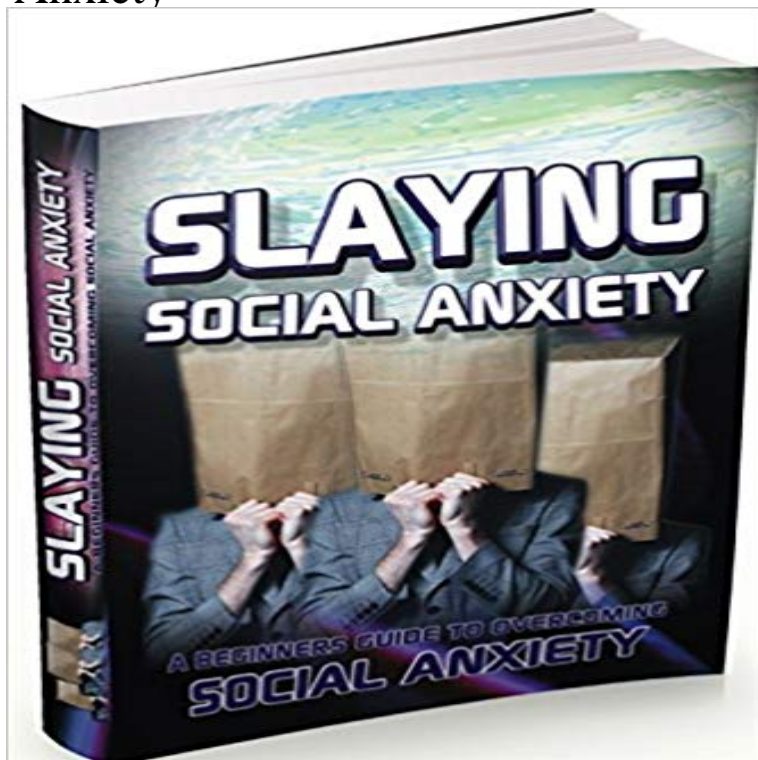


Slaying Social Anxiety ? A Beginners Guide To Overcoming Social Anxiety



A large part of nearly everyones life is, or should be, about interacting with others. Unfortunately, for a growing number of us, that type of social interaction is the cause of great anxiety and extreme self-consciousness. Over five and a half million Americans alone suffer from this phobia, which is most commonly referred to as Social Anxiety disorder and these numbers are matched throughout the Western world. Many experts say this is the worlds third most prevalent mental health issue. The effects of which can be absolutely crippling. Theres a pretty wide range of thought on the root causes of Social Anxiety disorder. Something thats blindingly apparent is that where society is today and the direction its continuing to move in aggravates this affliction more and more. This makes taking it very seriously and learning how we can cure it all the more important.

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