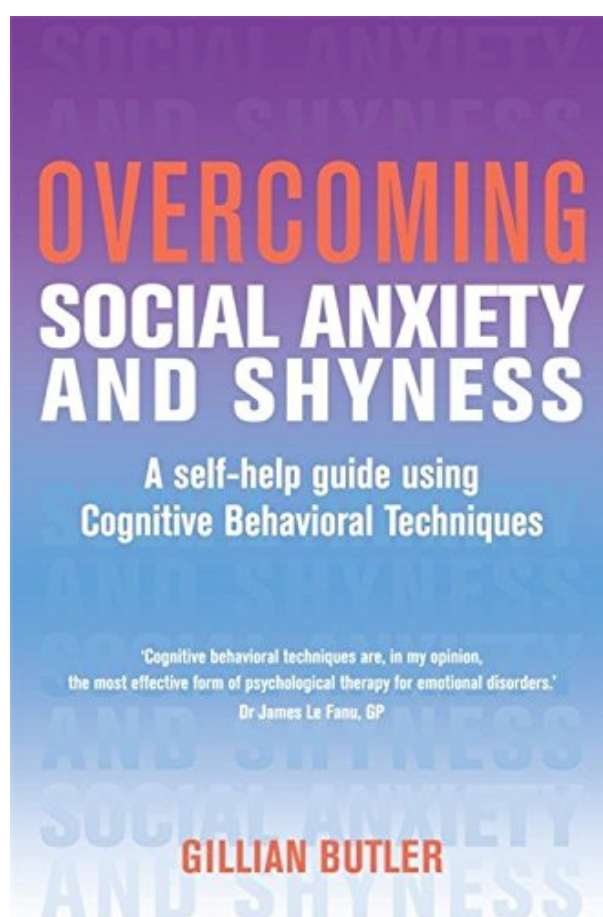
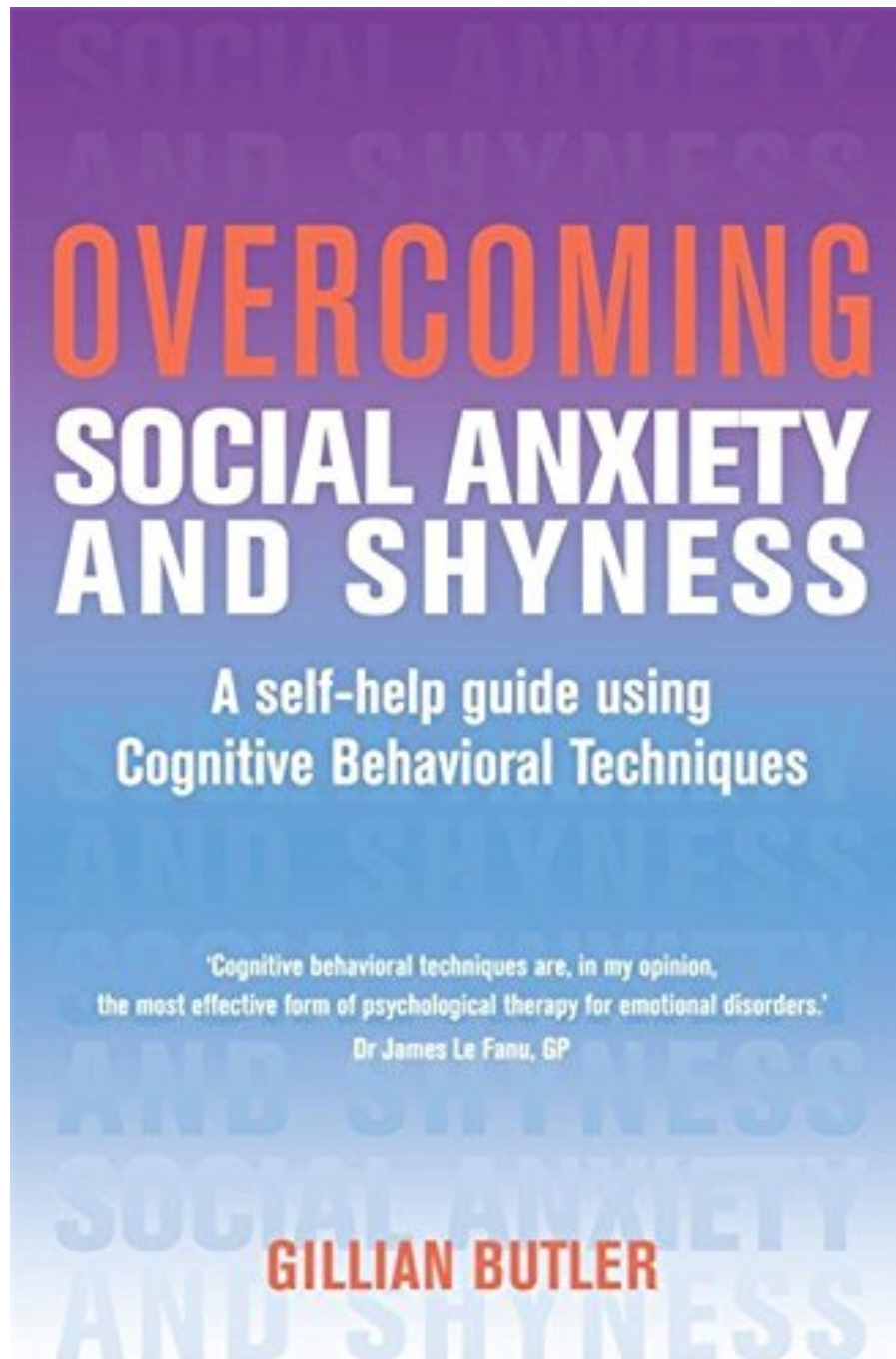


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Life Changing Book

By Freedom

The philosopher Baruch Spinoza once said "to understand is to be free". This book does an phenomenal job at understanding the causes of social anxiety and presenting strategies to counteract these causes. The book states that social anxiety(shyness too) is a natural instinct based on nature and nurture, and everyone suffers from it to a certain degree(or susceptible to it). and we can overcome it by understanding it and using cognitive behavioral techniques to ultimately cancel out our socially awkward behavior.

part 1 of the book is called "understanding social anxiety", in it defines social anxiety and how it works in terms of our assumptions and beliefs.

part 2 of the book lays out several proven cognitive strategies. these strategies really do work, to me it was like dumping a base into an acid.

part 3 is sort of a "bonus" chapter to help you be more assertive, on bullying , and relaxation.

This is the best book i have EVER read on the subject. The author truly understands where social anxiety comes from and knows how painful it can be. And the best part, the author knows what to do about it. and it really DOES work.

Social Anxiety can be a VERY painful experience, we can miss out on friendships and intimate relationships, become lonely, feel unwanted and different, feel like there is something really wrong with us etc. (you are not alone)

this book can help you change all of that, and help you live your life to the fullest. You CAN live a socially rich life. You CAN live a rich romantic life. You CAN live a life that fully and harmoniously expresses who you are to the world.

i wish you the best in your journey on overcoming your barriers to harmonious human relations.

the price for the book is a bargain for a new rich life. i highly recommend it.

53 of 55 people found the following review helpful.

Really Helpful Book

By Cate

I haven't read other books on social anxiety, but I have read a number of books on anxiety disorders. This book is so helpful to me - it's practical and realistic. The author totally gets social anxiety - the causes, beliefs, behaviors, and effects - and suggests cognitive behavioral techniques to address and ultimately minimize the anxiety. It's a comforting relief to have someone understand, explain, and help resolve something that can sometimes be so difficult to live with.

59 of 63 people found the following review helpful.

Best self-help book for social phobia

By kris

During the last 5 years I read almost all self-help books which targets social phobia. This is the one which I only read recently even though I knew about it's existence for a long time but misjudged it based on its title mentioning shyness. I knew my case is considerably worse than simple shyness so the book must be too superficial for me I thought. What a mistake!!!

This is definitely the best book on Social Phobia I ever read. This does not makes it perfect but if you are suffering from this debilitating disorder you can save to yourself a lot of time and money by starting with this one. You will learn a proper understanding about the vicious cycles which perpetuating your social anxiety and gives you strategise how can you approach the problem and start to break down the vicious cycles. Don't misjudge this book like i did!

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