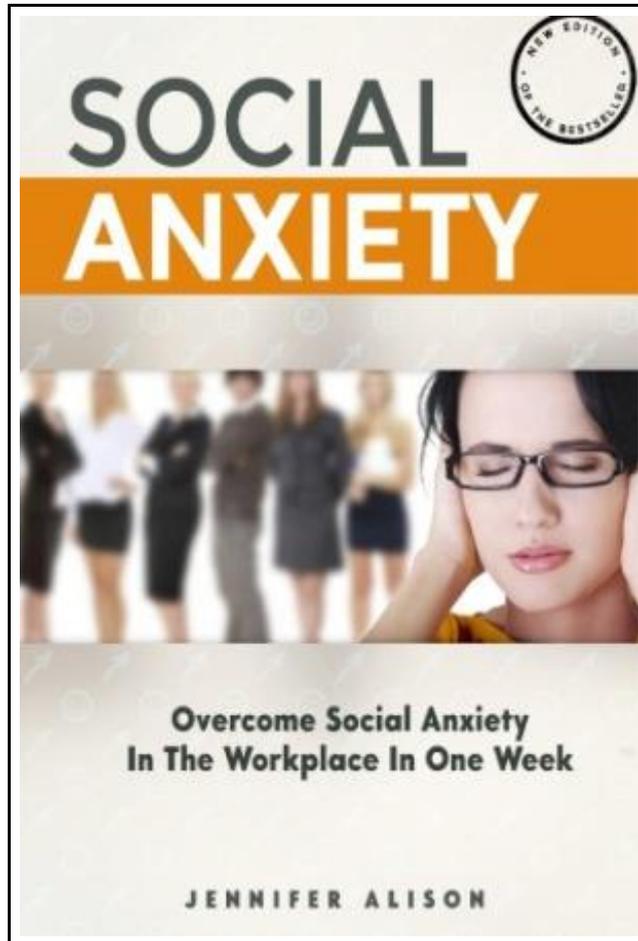


## Overcome Social Anxiety in the Workplace in One Week: The Ultimate Guide to Curing Social Anxiety in the Workplace in 3 Easy Stages (Paperback)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Overcome Social Anxiety In The Workplace In One Week This best selling guide will teach you how to start dealing with your social anxiety immediately. This is not a 500 page text book of medical jargon. You don t want that - you want and need something which will provide results as soon as possible. Social Anxiety effects almost 20 million Americans, many of whom find working a difficult and at times impossible task. You are not alone. The good news is that it is totally treatable with the right knowledge, which this guide will teach you. Does any of the below seem familiar to you? If so, this guide can help you.: \* Sweating \* Dry Mouth \* Upset stomach \* Loss of appetite \* Increased appetite \* Excessive over-thinking or worrying before, during, and after a stress-inducing event \* Increased heart rate \* Cold sweaty hands \* Feeling suddenly very hot or cold \* Blushing \* Trembling \* Feeling an urge to use the toilet \* Scratching, hair twisting, or other compulsive grooming \* Clamming up when speaking \* Racing thoughts \* Catastrophic thoughts \* Hyperventilating that may result in tingling fingers, hands, feet, or face \* Panic Attacks \* Visualising worst case scenarios \* Wanting to quit your job through fear and nerves This book gives simple and easy steps to follow. I have witnessed the positive effects on many people after reading this. I cannot recommend this highly enough. Dr Anne Phillips, University of California Finally a guide which helped me in basic steps, not trying to fill my head with jargon I did not understand. I found results within hours!...

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