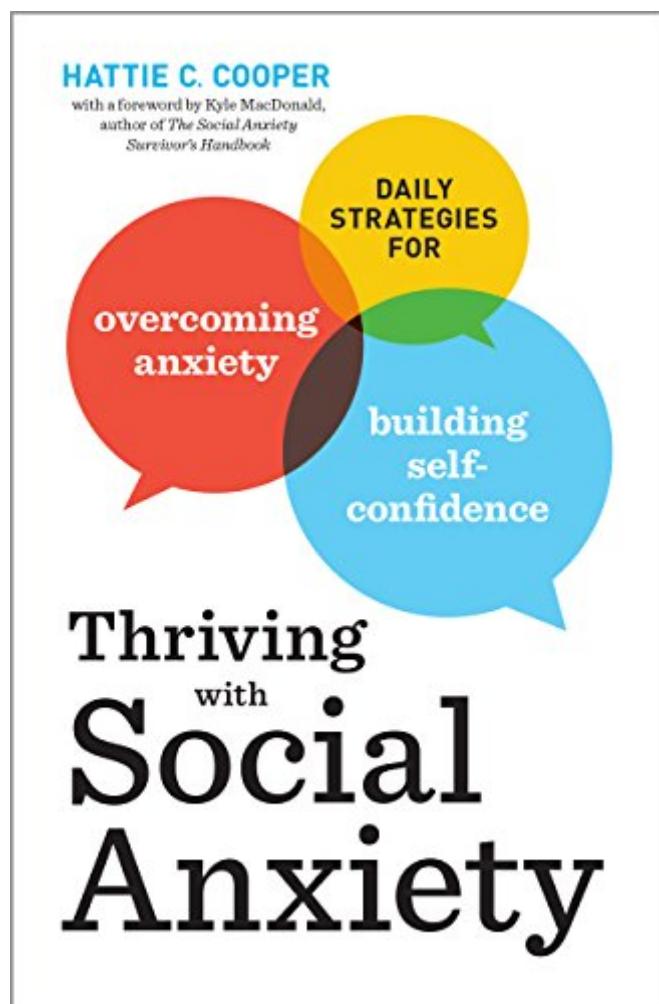


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Thriving With Social Anxiety: Daily Strategies For Overcoming Anxiety And Building Self-Confidence



Synopsis

Hattie Cooper, the blogger behind The Anxious Girlâ™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*, youâ™ll get a practical, accessible primer from someone who knows what itâ™s like to live with social anxietyâ" 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 andâ"through the processâ"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)

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Customer Reviews

I looked forward to reading this book just from hearing the title. I never knew that having anxiety in social situations was an actual disorder: social anxiety disorder or SAD. I thought it was just shyness, but the author explains the difference. She also explains that social anxiety can lead to isolationism and depression. My problem is attending social events with a large group. Usually, I walk in and no one says anything to me. So I try to avoid events. The book gave some good practical tips to help in this situation or others like it. The best advice was to be proactive, and instead of sitting in a corner alone, to decide to speak to three people. And to come prepared with some open ended questions. This way, you're not waiting for people to approach you. This tip alone was worth the time I spent reading the book. She gave many other good tips, both physical and psychological, to combat anxiety. I look forward to trying some essential oils, too. I liked the book because it explains the theory plus gives practical suggestions. I received this product free in exchange for an honest and unbiased review.

Thriving With Social Anxiety by Hattie C. Cooper is definitely worth the read. First, I have social anxiety disorder, the generalized form. I have been managing it for years. I do so with the help of a doctor and would recommend that if you feel you have this issue, you see a doctor as well. This book is primarily about things you can do yourself to manage your social anxiety. Cooper mentions things as strategies that I would not have considered before, such as mindfulness, meditation and breathing exercises, and natural remedies. Not all of the strategies I 100% agree with, in particular, exposure therapy, but I am not a doctor. Many of the strategies sound as though they could be quite useful and I am going to try to begin implementing them into my life. Natural remedies in particular is something I want to learn more about. Overall, I think this is a good book if you have anxiety,

especially social anxiety. It is easy to read. Each of the strategies (there are 9) for dealing with anxiety has a section in yellow titled "If You Only Have 5 Minutes" and then 10 minutes, and 30 minutes. These sections give you step by step instructions on what you can do. I received this book free in exchange for my honest and unbiased review.

I have suffered from social anxiety since childhood. I tend to stay to myself as much as possible and avoid social settings. My husband is a very social person and has a job that requires him to attend different events. I try to support him but always find myself with nothing to say to these people and I always try to hide in a corner, or make an excuse to leave. This book give some great tips on being prepared for situations like these. Being prepared for open ended questions and speaking to three people, along with the other tips in this book have given me the confidence I need to overcome social anxiety. The strategies given in this book have been a great help also and I will continue to practice these strategies.

Being someone who suffers with anxiety, I was happy to get a paperback copy of *Thriving With Social Anxiety* by Author Hattie C. Cooper. I like the way this book breaks down different types of strategies, from therapeutic, daily scheduled social anxiety management, both sides of popular treatments like mindfulness and cognitive behavior therapy. I really enjoyed learning about the natural remedies which include, aroma therapy, exercise, yoga, mediation and even remedies through diet. I like that this book also covers way to be assertive and confidence building. I really like that there is nothing complicated about these therapies/strategies and I was able to use them in my daily life. I have found ways to deal with anxiety by slowing down, being mindful and working on remaining calm. I like that this author is not just a person who specializes in social anxiety, a doctor or someone who has studied the subject, but rather that she knows what it is like to have social anxiety and uses the therapies herself to manage daily life. I think this is a great resource for someone who has been diagnosed with social anxiety and I think it has a lot of useful information. I like that there are quiz's that show you where you are on the social anxiety spectrum I recommend it. I received this product in exchange for a review. All my opinions are my own, based on my personal experience with the product. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255: Guides Concerning the Use of Endorsements and Testimonials in Advertising.

With its different techniques and steps this book helps you understand what social anxiety is and

what can be done to become less socially anxious. However, we all know that human emotions are purely subjective and not entirely subjugated to whoever is experiencing them especially when it comes to anxiety. That makes it even harder to follow the steps in a book to hopefully get someone to be in control of their fears and emotions. I do agree that if someone is very disciplined they will be able to follow the steps given in this book to overcome social anxiety. Some of the the problems the author addressed in the first chapter might seem very simple to some; whereas to others it might be an obstacle they have yet to overcome.Overall I think this book is a good read. It could have been more psychoanalytic by associating social anxiety with some of the traumas that one may been subjected to during their childhood."I received this product for free in exchange for my honest and unbiased review."

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