



Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life

Barbara Markway, Gregory Markway

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Question:

- * Do you feel shy and self-conscious in social situations?
- * Are you plagued with self-doubts about how you come across to others?
- * Do you feel physically sick with worry about certain situations that involve interacting with others?
- * Do you make excuses, or even lie to avoid the social situations you dread?
- * Do you make important decisions based on whether you'll have to participate in groups or speak in front of others?

If you answered yes to any of these questions, you're not alone. Millions of people experience social anxiety of painful shyness to such a degree that it disrupts their daily lives. In fact, as many as one out of every eight Americans will at some point suffer from what's called social anxiety disorder, or social phobia.

Social anxiety disorder is a real problem. But fortunately, it's also one that can be overcome.

Drs. Barbara and Greg Markway, psychologists and experts in the field, coach you every step of the way in this warm, easy-to-read, and inspiring book. You'll learn how social anxiety disorder develops, how it affects all aspects of your life, and most importantly, how to chart your course to recovery.

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From reader reviews:

Edward Torres:

Spent a free time to be fun activity to complete! A lot of people spent their spare time with their family, or their very own friends. Usually they undertaking activity like watching television, going to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Might be reading a book may be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the book untitled Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life can be excellent book to read. May be it could be best activity to you.

Steven Dillinger:

Reading can called brain hangout, why? Because when you are reading a book particularly book entitled Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life the mind will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely can become your mind friends. Imaging just about every word written in a reserve then become one web form conclusion and explanation which maybe you never get previous to. The Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life giving you yet another experience more than blown away your brain but also giving you useful facts for your better life on this era. So now let us present to you the relaxing pattern the following is your body and mind will likely be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

Cleta Blackwell:

Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life can be one of your beginner books that are good idea. We recommend that straight away because this reserve has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort to get every word into delight arrangement in writing Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life but doesn't forget the main level, giving the reader the hottest as well as based confirm resource facts that maybe you can be considered one of it. This great information could drawn you into brand new stage of crucial imagining.

Sara Matthews:

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