



# 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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Are you kind of occupied person, only have 10 or even 15 minute in your day to upgrading your mind proficiency or thinking skill perhaps analytical thinking? Then you have problem with the book when compared with can satisfy your short time to read it because all of this time you only find publication that need more time to be study. Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life can be your answer as it can be read by an individual who have those short time problems.

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