



Social Anxiety: Overcome Social Anxiety In The Workplace In One Week

Jennifer Alison

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Cure Social Anxiety In The Workplace In One Week Updated 2015 Edition of the Worldwide Best Seller Social Anxiety effects almost millions of men and women around the world, many of whom find working a difficult and at times impossible task. **You are not alone.** The good news is that it *can* be cured with the right knowledge, which this guide will teach you fast! Best selling author Dr. Jennifer Alison brings you a simple no nonsense guide that will teach you how to start dealing with your social anxiety **immediately.** **Here's a preview of what you'll learn when you buy this book:** - Dealing with job interview, meetings and performance reviews - Escape using safety behaviours and avoidance forever - 15 Ways To Start Healing Today - Asking for a raise and promotion, dealing with confrontation, phone conversations, dealing with difficult co-workers - Stop over-thiking and over-analyzing! And much more. What other people are saying: **"Sometimes you just need something that WORKS. Not endless pages of nonsense you will never use, just quick actionable steps, which is what this book provides."** *Ian Turner, Chicago Tribune* **"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* **"I found this to be an excellent book which I have already seen helping many of my patients."** *Dr Ernest Saytar, New York, USA*

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