



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

By Jennifer Alison

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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...



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