



Peace, Be Still: A Guide to Overcoming Social Anxiety Disorder

Jesse P Wright

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Everybody feels anxious from time to time, but individuals with social anxiety disorder feel that they will be embarrassed or negatively judged in social situations, and they will frequently avoid these situations as a result. This can lead to loneliness and depression. This inspirational self-help guide explains the causes of social anxiety disorder and how to overcome it using a variety of techniques including cognitive behavioral therapy, mindfulness, and emotion regulation. Using these techniques, individuals can triumph over their anxiety and achieve a more full, balanced life focusing on the people and experiences they value.

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