



Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence

By Hattie C. Cooper

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Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence By Hattie C. Cooper

Hattie Cooper, the blogger behind The Anxious Girl's Guide to Dating, knows anxiety. She has lived with Generalized Anxiety Disorder for years. Reading this book is like getting advice from a friend who has been there. Hattie shares immediate, easy-to-use strategies for tackling your Social Anxiety Disorder and creating healthy habits. Featuring expert advice from foreword writer and registered psychotherapist Kyle MacDonald, the tools in these pages will help you beat your anxiety and reveal your most confident self.

Does this sound familiar? You reluctantly decide to attend a networking event with a coworker who backs out at the last minute. The idea of going alone fills you with debilitating anxiety. You dread an upcoming job interview. Giving a presentation at work keeps you awake at night.

For the millions of Americans affected by social anxiety disorder (SAD), it can make them avoid situations that have the potential to lead to positive outcomes. Fortunately, social anxiety can be overcome. In *Thriving with Social Anxiety*, you'll get a practical, accessible primer from someone who knows what it's like to live with social anxiety—and in-the-moment strategies to manage and overcome your anxiety.

Hattie Cooper guides you to reframe negative thoughts, achieve goals, better understand your disorder and—through the process—better understand yourself. Using the strategies in this book as part of your treatment plan, you will learn quick, effective ways to manage your social anxiety and put your most confident self forward in any social situation.

Learn valuable methods for managing your anxiety, with:

- 5, 10, and 30-minute therapeutic strategies
- Sample daily schedules, quick quizzes, and worksheets
- A brief brain-body primer detailing the connection between your thoughts and physical reactions
- Mindfulness activities, including meditation, essential oils, and exercise

- Celebrity tips for coping with social anxiety (including singer Adele and actress Jennifer Lawrence)

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Editorial Review

About the Author

Hattie C. Cooper knows all about having anxiety. She has Generalized Anxiety Disorder and has previously struggled with phobia disorders. Hattie is the founder of the blog The Anxious Girl's Guide to Dating, which has inspired thousands of readers since its 2013 launch. Cooper's work has appeared in Calyx magazine, BuzzFeed, and The Page Girls. She is a Northern California native and current Seattle resident. Follow her on Twitter @CooperHattie.

Kyle MacDonald is a psychotherapist who has over 15 years experience treating patients with anxiety in a clinical practice. He is the author of The Social Anxiety Survivor's Handbook and co-director of the Robert Street Clinic.

Users Review

From reader reviews:

Julie Boyle:

As people who live in the modest era should be change about what going on or facts even knowledge to make these people keep up with the era and that is always change and move ahead. Some of you maybe will update themselves by studying books. It is a good choice to suit your needs but the problems coming to an individual is you don't know which one you should start with. This Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence is our recommendation to help you keep up with the world. Why, since this book serves what you want and wish in this era.

Mary Grubb:

Spent a free a chance to be fun activity to complete! A lot of people spent their sparetime with their family, or all their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic within the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Can be reading a book can be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try look for book, may be the publication untitled Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence can be great book to read. May be it may be best activity to you.

Carlos Pollard:

Often the book Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence has a lot of knowledge on it. So when you read this book you can get a lot of gain. The book was compiled by the very famous author. Tom makes some research prior to write this book. This particular book very easy to read you can get the point easily after reading this book.

Lucille Daulton:

Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence can be one of your beginning books that are good idea. We all recommend that straight away because this book has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to place every word into delight arrangement in writing Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence however doesn't forget the main position, giving the reader the hottest in addition to based confirm resource data that maybe you can be considered one of it. This great information can easily drawn you into completely new stage of crucial considering.

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