



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

By Hattie C Cooper

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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:

Maria Scully:

Book is to be different per grade. Book for children until eventually adult are different content. We all know that that book is very important for us. The book Thriving with Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence seemed to be making you to know about other understanding and of course you can take more information. It doesn't matter what advantages for you. The e-book Thriving with Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence is not only giving you considerably more new information but also to become your friend when you feel bored. You can spend your own personal spend time to read your e-book. Try to make relationship together with the book Thriving with Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence. You never sense lose out for everything in case you read some books.

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Fatima Leonard:

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