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# SOCIAL ANXIETY: BEING COMFORTABLE IN YOUR OWN SKIN (PAPERBACK)



New Growth Press, United States, 2011. Paperback. Book Condition: New. 180 x 104 mm. Language: English . Brand New Book. I'm just shy. You've worn the label for so long that it has become your identity. A counselor recently described it as social anxiety, but the new label does nothing to ease the pain. You wish you could feel comfortable in your own skin but instead, in social situations, you feel anxious and out of place. Where can...

[Read PDF Social Anxiety: Being Comfortable in Your Own Skin \(Paperback\)](#)

- Authored by Amy Baker
- Released at 2011

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## Reviews

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