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Julie stevenson (author of understanding and

and Overcoming Anxiety and Panic Attacks. a Guide for You and Your Caregiver. How to Stop Anxiety, Stress Now. by Julie Stevenson, Raymond Le Blanc

Understanding and overcoming social anxiety: part

In Part One of Understanding and Overcoming Social Anxiety, I discussed the basic core beliefs of people who suffer from social anxiety. To review, the core beliefs are:

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In this documentary, I explain my struggle with anxiety and panic disorder and what I've done to work to overcome it. I give my story and also some tips and advice of

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