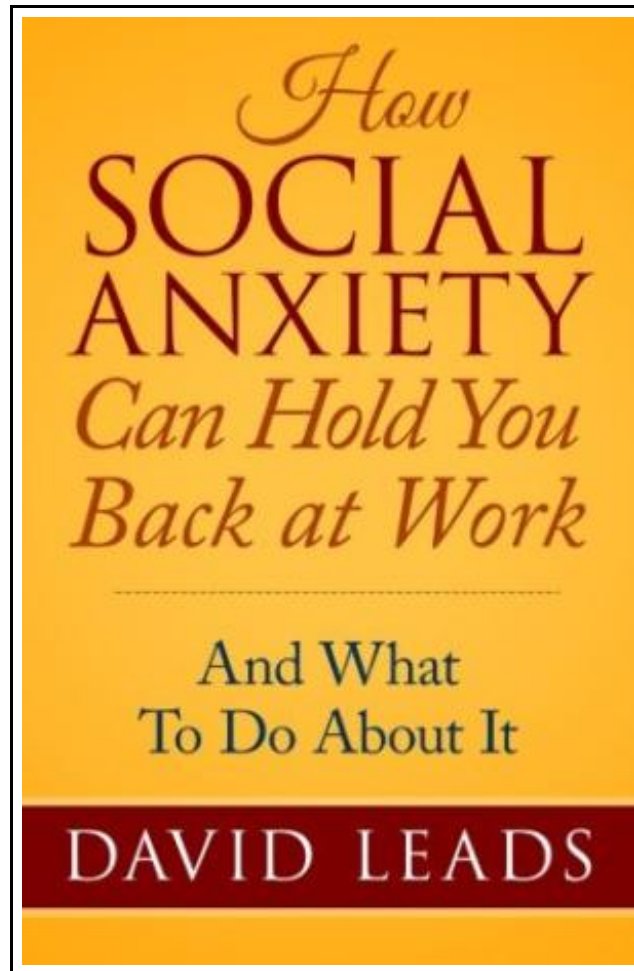


How Social Anxiety Can Hold You Back at Work: And What to Do about It



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Reviews

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(Ms. Ora Buckridge)

HOW SOCIAL ANXIETY CAN HOLD YOU BACK AT WORK: AND WHAT TO DO ABOUT IT



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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Social Anxiety at Work Can Prevent You From Being Successful In Your Career We ve all been in situations where we don t want to socialize - and that s normal However, sometimes being social can be totally overwhelming and completely uncomfortable. And it s hard to overcome your fear of speaking with someone when you don t want to. It s common to be shy sometimes, when you just aren t in a good mood, or don t want to talk. But what about those times when the thought of speaking with someone makes your nervous? Or makes you sweat? Or makes your stomach knot? And what happens when you feel this way at work? How do you deal with social anxiety at work? How do you overcome it? If you can t speak naturally with your boss or co-workers, then you re not acting as your best self, and you re not reaching your full potential at your job. Your social anxiety is holding you back at work if you don t do anything about it. In order to advance your career, you need to be the best you can be. Who is this book for? This book is for people who experience social anxiety that prevents them from acting the way they want to when they re at work. This book is also for people with low-level social anxiety that can be managed without needing the help of a professional. However, if you or anyone you know is experiencing social anxiety that prevents normal daily functioning, then go seek professional help. This book is not a replacement for professional help. In this book, you will...



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