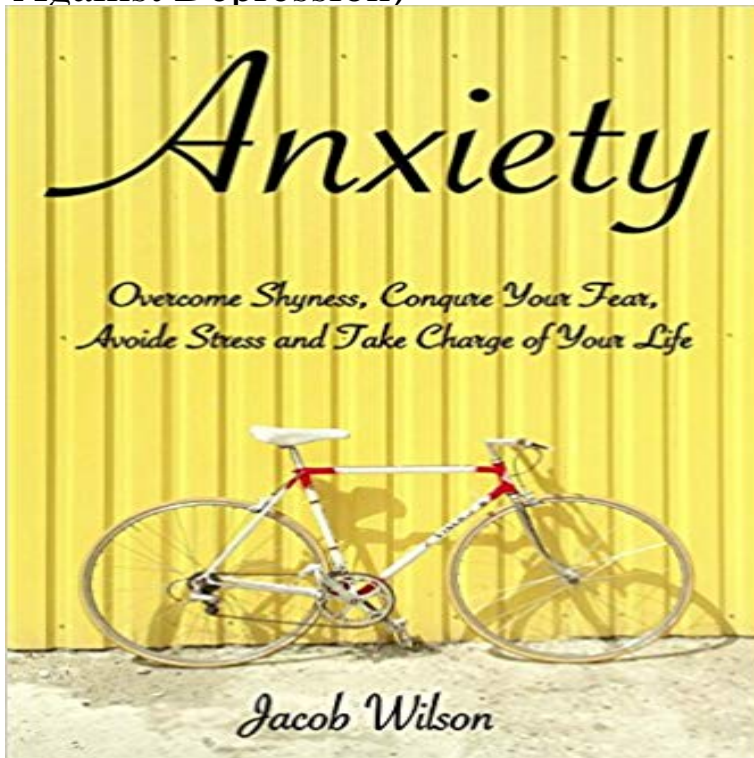


# Anxiety: How to Overcome Shyness, Conquer Your Fear, Avoid Stress, and Take Charge of Your Life (Learn to Regain Your Life and Fight Against Depression)



If you think Anxiety has made you its best friend and wouldn't leave you, then this book is for you. Anxiety loves to play see-saw with you and likes being on top. Read on to know how you can stay on top instead and know your anxiety better. It brings you one step closer to winning over it. Practice the remedies in this book that will help you overcome your shyness, conquer your fears, avoid stress and take charge of your life.

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