



## Social Anxiety: Being Comfortable in Your Own Skin

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By Amy Baker

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 you go for help?Amy Baker explains that confidence in God, not self-confidence, is the answer to the problem of social anxiety. Trusting in God breaks the paralyzing grip of fear, freeing formerly shy people to enter fully into relationship with God and others.



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