



## **How to Overcome Social Anxiety - Changing the Way You Think WILL Change the Way You Feel**

When you suffer from social anxiety disorder simple everyday activities, such as going to the shops or standing on a crowded bus, can seem daunting. Worrying about what other people think of you and if something bad will happen blights the lives of millions around the world.

In fact, it's estimated that 15 million people in the US suffer from an anxiety disorder and 2.3 million in the UK. So if you suffer from social phobia you're not alone.

However, you'll be pleased to know that anxiety isn't something you have to live with for the rest of your life. It can be just a difficult phase you've had to deal with, because it's *clinically proven* that you CAN discover how to think in a happier, healthier manner, which will help your anxiety to reduce.

By reading my eBook and practicing its self help strategies you'll discover how to respond to situations more objectively and how to feel more relaxed around people you don't know.

### **Why you need to take action**

If you suffer from social phobia then you probably already know how uncomfortable the effects can be. The physical and mental symptoms can be so overpowering that you might avoid social situations altogether, preferring the safety of your home.

But hiding away from the world is not the answer. Avoiding people might protect you from feeling nervous in the short-term. But isolating yourself from friends and family can lead to depression because of your withdrawal from an active, fulfilling life.

Some sufferers turn to alcohol or illegal drugs to try and block out the symptoms. But this will merely make you feel worse in the long run and prevent you from dealing with the root cause of your problem. Even worse, it can lead to alcoholism or drug addiction, heaping yet more problems onto your plate.

The possible consequences of not taking action are very real.

However, the fact is you don't have to put up with social anxiety forever. It can be just a difficult phase you've been through before moving on with the rest of your life.

Matt Ambrose – *The Copywriter's Crucible*

Website: <http://copywriterscrucible.com>

Email: [matt@copywriterscrucible.com](mailto:matt@copywriterscrucible.com)



In recent decades, a lot of research has been conducted into what causes anxiety and depression, and what can be done to treat its symptoms.

As a result, therapeutic techniques have been developed to help sufferers reduce their uncomfortable thoughts, and discover how to think, feel and behave in a happier, healthier manner free from excessive anxious worries.

## **What is Cognitive Behavioural Therapy?**

Cognitive behavioural therapy (CBT) is a well researched and widely used form of psychotherapy for treating depression and anxiety. It's recommended by the UK's National Health Service, is taught by therapists all over the world and has helped thousands overcome social phobia.

Depression and anxiety are driven by unhelpful thoughts that are illogical and inaccurate. CBT provides a series of goal driven strategies for identifying these unhelpful thoughts and then showing you how to replace them with more realistic, objective ways of thinking.

As you learn to think about things more clearly, you'll start to change the way you feel, and your anxiety will gradually reduce as a result.

Cognitive behavioural therapy has helped many thousands to reduce their anxiety, and live happier, more fulfilling lives.

And it can help you too.



## **How my eBook can help reduce your social anxiety**

Whilst there are already some excellent books on CBT, many people feel daunted at having to wade through a 300 page book to find the answers they need.

Matt Ambrose – *The Copywriter's Crucible*

Website: <http://copywriterscrucible.com>

Email: [matt@copywriterscrucible.com](mailto:matt@copywriterscrucible.com)



My eBook is designed to be an easy to read guide to social anxiety, and provides a series of self help CBT strategies for discovering how to think in a healthier manner.

It includes sections on:

- What causes social anxiety
- What are the unhelpful thoughts that make you feel anxious
- How to work out your belief system
- How to replace your negative beliefs with more helpful, positive thoughts and feelings
- Why you feel the way that you think
- Achieving self acceptance and why you're not worthless
- How to climb a ladder to a better life
- Ways of coping with socially anxious situations
- Reinforcing your new ways of thinking
- Where you can turn for further help

## **Changing the way you think will change the way you feel**

With practice and patience, the techniques explained in my eBook will help you to improve the way you think and feel. As your new objective ways of thinking take hold, and become a natural part of the way you respond to situations, your anxiety will reduce as a result.

Situations that previously made you feel nervous, such as eating in a restaurant or going shopping, won't seem so daunting and you'll find it easier to interact with strangers in social situations.

Cognitive behavioural therapy has helped thousands overcome their social phobia and live more active, fulfilling lives, and my hope is that my eBook will help you discover how you can too.

## **Money back guarantee**

Cognitive behavioural therapy is **clinically proven** to help people suffering from depression or anxiety to think in a more positive manner, which in turn improves the way they feel. However, changing the way your brain works and how you respond to situations won't happen overnight.

It takes practice and patience to change the way you think, feel and behave, and my eBook provides you with a goal driven strategy for achieving it.

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Email: [matt@copywriterscrucible.com](mailto:matt@copywriterscrucible.com)



However, if after three months of practising the techniques in my eBook you feel your social anxiety hasn't reduced then I'll refund your money in full.

My only request is that you don't allow this to stop you on your journey to discovering how you CAN overcome social phobia, because you just to find another path and there's plenty of help available to help you find your way.

Order my eBook today and discover how changing the way you think will change the way you feel:

 ADD TO CART

 VIEW CART



P.S. My eBook provides an easy to read guide on social anxiety and a series of self help cognitive behavioural therapy exercises taught by clinical psychotherapists to help people think in a healthier, happier manner.

You feel the way that you think, and discovering how you can think more positively is clinically proven to help reduce anxiety and social phobia.

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Email: [matt@copywriterscrucible.com](mailto:matt@copywriterscrucible.com)