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The course of treatment for social anxiety disorder may vary based on the individual's unique experience of anxiety (how long SAD has affected the person, the severity of symptoms, the areas of life being impeded by anxiety, etc.). Nonetheless, there are some commonly used treatment approaches for those with social anxiety.

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Getting rid of your anxiety and building confidence inside yourself is a process that takes time. If you have any questions or comments, leave your message on one of these pages or contact me at following E-mail address: thimo@getridofsocialanxiety.com I wish you all the best and a lot of success on your Journey

For example, the main drugs used to treat social anxiety now are SSRIs (Selective Serotonin Reuptake Inhibitors). These drugs supposedly work by increasing the levels of serotonin in your brain. The theory was that people who suffer from social anxiety disorder have a low "chemical balance" of serotonin, an important neurotransmitter.

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While it can be frustrating, social anxiety is something that can be managed with the right approach. With just a few changes to your routine, it's possible to live a happier life with less...

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If you have social anxiety disorder, you might have a hard time coping with everyday situations. Here are seven tips to help you manage your symptoms and take control of your social anxiety.

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rid of your social anxiety. Enroll for free "How would my life look like in 5 years, if I had total social freedom?" Have you ever asked yourself this question? If not, try to imagine your life in 5 years from now, not suffering from social anxiety!

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