

Title:

Conquer Your Fears

Word Count:

615

Summary:

Social phobia or social anxiety is often a very misunderstood disorder. However, modern scient

Keywords:

social anxiety disorder, anxiety panic attacks, nausea, antidepressant prescriptions, anxiety

Article Body:

Many people are fearful, anxious or phobic about something --- a dark room, a furry cat, being

In the long list of fears known to man, perhaps one of the most difficult to bear is t

According to National Institute of Mental Health, "...social phobia is characterized b

Anxiety in social situations is not felt by shy, insecure people alone. Famous people

Another famous person diagnosed with social anxiety disorder is singer-actress Barbara

The great actor Laurence Olivier who stunned audiences with his theatrical genius also

Social anxiety disorder is not so easy to spot in a person. A person with so much ins

But there are some people who literally freeze whenever they face a crowd or even a sm

Social phobia affects more than five million Americans and is now the third most commo

- 1 Being introduced;
- 1 Being teased;
- 1 Being criticized;
- 1 Being at the center of attention; or
- 1 Being ^out of place.~

One of the most common treatments for social anxiety disorder is called cognitive-beha

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