

Title:

Dealing with anxiety before it turns to violence

Word Count:

598

Summary:

Society exerts a lot of pressure on people today, such that some can no longer handle it. While

Keywords:

Coping with anxiety, social anxiety

Article Body:

Coping with anxiety is something that most people have probably dealt with at some point in their

People with subtle mental issues, such as malignant narcissism, are hard to spot, though most

Interestingly, people coping with anxiety and social anxiety do so in different ways, particularly

Other Japanese people, generally males, have become drawn into otaku behavior as a means of dealing

In Western culture, particularly in the US, social anxiety is seen as a weakness and something

However, it is the ones that strike back covertly that one should be wary of. These people may

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