



# The Fear: Strategies For Social Anxiety & Other Fears That Life Throws Your Way

*Justin Quinton*

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Do your social inhibitions stop you from being yourself in a new setting? Does the thought of approaching a complete stranger and asking them out on a date sound anxiety provoking? Are you afraid of public speaking? Well chances are you've said yes to one of these questions. The Fear is a no fluff psychological manual to conquering over these problems in life. This manual is a condensed collection of concepts and tools around fear and anxiety. The Fear is a 7 stage process that provides strategies and tools that guide the reader through how to master over life's common anxieties.

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