

# **The Solution To Social Anxiety: Break Free From The Shyness That Holds You Back By Dr Aziz Gazipura PsyD**

**By Dr Aziz Gazipura PsyD**

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and profound understanding of the problem and the solution. Janet also offers individual phone (or skype) consultations and coaching sessions,

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People with social anxiety disorder (or social phobia) are extremely anxious about what they will say or do in front of other people. This includes public speaking