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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Sick of the Mall Hassle

By Country Charisma

Sick of the Mall Hassle by Country Charisma

We have what you need to bring the beauties of the world into your home. We have all types of gifts for both you and your loved ones. If you are looking for something cheaply made don't waste your time because we pride ourselves on our products. We have Native American, African American, candles, figurines, and just about any kind of animal you are looking for. If you are looking for a variety of treasures from around the world we are the place to look at. We have gifts for all holidays and occasions. We also have Christmas gifts in, but shop soon before all are out of stock.

Why should you buy from us?

- 1) Because we offer secure ordering.
- 2) We guarantee our entire line of product for 30 days no questions asked.
- 3) We have been in business for 3 years and are well established.
- 4) We have the best gifts at an affordable price.

So now my question to you is: Why not have the beauties of the world in your home today?

Most consumers have figured out that it is much easier to shop while relaxing in the comfort of their own home at their own leisure, than to fight traffic, battle for parking and walk miles in crowded shops when they can do it quicker and easier using the convenience of the internet for their shopping needs.

Whether it is a gift for yourself or for someone you love and wish to show them how much you care, our place is the place for you to look. What do you have to lose by stopping by to look? 5 minutes. You could go down to the mall and waste 1 or 2 hours trying to find that perfect gift you are looking for. So now, quit wasting all that time in the mall and come see us, we are positive you will not be disappointed <http://www.countrycharisma.net/>

If you have questions feel free to contact us at <http://www.info@countrycharisma.net> You will not get answered by an auto responder, you will get a response from a real person. If you would like to be put on our new mailing list let me know and I will keep you updated to new gifts items as they come

available.

We have been in business on the net for three year and still going strong. We offer affordable gifts with secure ordering.

Ways To Deal With Social Anxiety

By Jordi Shoman

Social Anxiety Disorder is a Psychiatric disorder that attacks one out of every eight Americans. Those who have the disorder can become physically sick in social situations. This disorder can devastate more than your self esteem, it can destroy your marriage, finances and many other aspects of your life. The disorder is characterized by fear of social situations.

There is help for people suffering with this disorder. If you seek treatment, you will be able to obtain medications, counseling and support group information to help cope with this psychiatric disorder. After seeking treatment, there are things that you can do to help alleviate stressful social situations and ways to begin to reacquaint yourself with friends and family members.

First, read everything you can on the disorder. Visit your local library and check out books on the subject. Then, check out books with topics on building self-esteem, positive thinking, public speaking, anything that you think will empower you to gain more confidence. You can not just "snap your fingers" and have this disorder just disappear You need to read everything you can on the subject and subjects that will help you re-build your own self-worth.

2) Start and maintain a daily, weekly, and monthly journal. In the daily journal write down where you are right now in your life. Write about any and all social situations. How did you feel in those social situations? How do you think other people reacted to you and how did you react to them? Did you feel sick today when you were in the social situation?

At the end of the week, summarize your set-backs and itemize your progress. At the end of the month, write two pages in your journal. The first page should summarize any difficult situations and how you overcame the situation, or how you dealt with it. The second page should summarize the social events and social situations where you felt comfortable and why you felt comfortable. How did you feel overall? While this may seem to be a waste of time, the journals will help you face and overcome your fears.

3) Set social goals for yourself and follow through on them. If you are extremely uneasy at the mall, then go to the mall and walk in. Then walk out, immediately. If your social anxiety seems to attack you when you are in the middle of a crowded building, walk to the center of the crowd, and immediately turn and walk away. Take small practical steps at the start and then move on to the more challenging issues you may have.

Finally, always talk to your Doctor openly and honestly. Take your medication and try to overcome your social anxiety so that you can experience the life that you deserve to live at the very fullest. Stressful

social situations happen to everyone at some point in their lives and one out of every eight people know how you feel to be living with something much worse than 'one social situation', you are not alone at all and though there is little comfort in knowing that you aren't alone , do know that you are understood.

provides a meeting place for authors and webmasters. If you need

self-help information or have articles to distribute on self-help issues, visit our

for more Self Improvement resources.



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