



# Releasing The Secret Pain: Moving Beyond Social Anxiety Disorder

*Lisa Klarnar*

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*Lisa Klarner*

## **Releasing The Secret Pain: Moving Beyond Social Anxiety Disorder** Lisa Klarner

This story, written from the heart, helps readers better understand and move beyond social anxiety disorder.

*Releasing the Secret Pain* brings light to a disorder which is often misunderstood: social anxiety disorder.

Many people who have social anxiety do not realize there is an explanation - and a name - for the way they feel. This is why Lisa Klarner felt the need to share her own experience with social anxiety and guide readers through her life as the disorder progressed. Every chapter includes action steps and self-help guidance for the reader to take immediate action. The steps Lisa shares are based on the methods she used to move beyond social anxiety disorder and find peace.

*Releasing the Secret Pain* is not just a story, it's a self-help guide. If you are struggling, you will realize you are not alone and will begin to believe a less anxious life is in your future! If someone you care for is dealing with shyness or social anxiety, this book will provide insight so you can guide him or her in a positive direction.

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