

Annotation of the paper

1. Title: Social phobia - the curing of Social Anxiety Disorder

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5. Content (max. 25 lines)

The main purpose of my study is to illustrate what the Social Anxiety Disorder is and the development of it. I'm going to present what symptoms occurs, what people doesn't want to do in front of others and how you can overcome this disorder.

In the second part, I would like to show you different tips to be self-possessed before presentations and how to be better as the years go by because it is necessary to make presentations either you are a student or an adult.

Finally, after making a research I will let you know how hungarian people experienced this kind of fear and how did they handle it.

6. Key words (3-5 words)

social phobia, fear, performing, treatment