



# **One Woman vs Life: How I live with Social Anxiety & Low Self Esteem, But it is O.K & I am O.K!**

*Mrs Nikki K Fuller*

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# One Woman vs Life: How I live with Social Anxiety & Low Self Esteem, But it is O.K & I am O.K!


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## **One Woman vs Life: How I live with Social Anxiety & Low Self Esteem, But it is O.K & I am O.K!**

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'One Woman vs Life' is a warm and approachable short read. Drawn from her own experiences. Have you ever suffered with anxiety? Feel uncomfortable in social situations? Have you ever felt like you just don't get, what everyone else seems to know & desperate to find answers? ...the general feeling that you can't cope and that life is working on a different page to you. That you are trying to squeeze a square into a triangle hole!! You are not alone. Stop punishing yourself! 'One Woman vs Life' offers an insight with help and thought provoking passages about our everyday struggles. Reads like a chat to a friend with openness and honesty on sensitive subjects to help you stop worrying and learn to accept you are O.K as you are, if not fantastic! Written with a light touch and on occasions tongue in cheek. If you suffer from negative thinking or simply need to feel you are not alone in life, with some helpful affirmations and tips then 'One Woman vs Life' will be a welcome companion to motivate you to be kind to yourself and embrace life today and all it offers.

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