



# On the Outside Looking in: My Life with Social Anxiety Disorder

*Daniela Grazia*

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## **On the Outside Looking in: My Life with Social Anxiety Disorder** Daniela Grazia

Imagine feeling extremely uncomfortable and out of place no matter where you go where there are people - panicked to the point you're immobilized and unable to speak. Your only thought is that of fleeing to somewhere you can be alone and yet, when you get there, you can't stand to be alone. This is Daniela Grazia's detailed account of living with Social Anxiety Disorder and accepting her sexuality after 30 years of silence.

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