

Surgical Treatment

Medical

S e r v i c e s



Understanding Anxiety
Disorders And Overcoming Them

Authored By A Real Doctor
With 25 Years Of Experience

**Your mental health is important
not to neglect or it may worsen.**

**Learn how to overcome social
anxiety through improving your
communication skills.**

Dr. Loy Puckett MD



About The Author



Dr. Loy Puckett, MD, (Doctor Loy) is an Emergency Medicine Specialist, author, and entrepreneur. He not only takes care of patients but also presents medical content on a vast array of topics for anyone worldwide.

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Doctor Loy completed his medical studies at the University of Missouri – Columbia School of Medicine after earning his B.A. in Chemistry at the University of Missouri. He was on the Dean's Honor List for 6 out of 8 semesters.

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