



Social Anxiety: 17 Sure-Fire Ways to Overcome Social Anxiety And Shyness, Gain Confidence, And Achieve Success (Social Anxiety And Shyness, How To Be Confident)

Matthew Griffin

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17 Sure-Fire Ways to Overcome Social Anxiety And Shyness, Gain Confidence, And Achieve Success

You know you have to go outside and go to the bank, but the idea of standing shoulder to shoulder with dozens of members of the public terrifies you and fills you with dread.

Despite your terrible loneliness, you break out in a sweat when you think about having to introduce yourself to new people or attempt to make conversation at a party. So you stay at home where it's safe.

These are small examples of what it's like to suffer from social anxiety and low self-esteem. Tens of millions of people suffer from these mental illnesses in the United States alone. They affect every single relationship in a person's life, from business acquaintances to their personal friends and family.

While they have the potential to be debilitating diseases, there is a light at the end of the tunnel. There are plenty of tools available to help you become free of the shackles of these mental illnesses and live a more successful, happier life.

This concise and to-the-point book will outline the most effective methods to rid yourself of both these ailments so that you can stop worrying and start living worry-free today!

Topics covered in this book include:

- Accurately Identifying the Sources of Your Anxieties and Discomfort
- Relaxation Techniques
- Turning Negative Thoughts into Positive Ones
- Ways to Improve Yourself Inside and Out
- Creating a Daily Affirmation
- Effective Ways to Create a Positive Living Environment
- How to Forget about Perfection

- Proper Ways to Reward Yourself for Your Successes
- And More!

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