



Social Anxiety: The Social Anxiety Cure: How To Be Self Confident, Overcome Shyness & Get Rid Of Social Anxiety Forever (Social Anxiety, Overcome Shyness, Be Self Confident) (Volume 1)

Daniel Foster

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Discover How To Finally Overcome Social Anxiety And Shyness For Life You're about to discover how to overcome social anxiety by a proven methods for life. Millions of people suffer from social anxiety or shyness and the consequences in there daily living, especially when being in public. Most people realize how much of a threat their enormous shyness is for their everyday life, but are unable to challenge it, because they think it will be a part of their life forever. The truth is, if you are suffering from social anxiety and haven't been able to change, it's because you are lacking an effective strategy and a proven therapy to get rid of the problem. This book goes into a step-by-step strategy that will help you free yourself from being unable to talk to people and help you to be able to take control of your social skills. **Here Is A Preview Of What You'll Learn...**

- Understanding social anxiety and shyness
- Causes of social anxiety and shyness
- What prevents us from overcoming social anxiety?
- Dealing with anxiety-provoking thoughts and worry
- Identifying your anxiety provoking thoughts
- Overcoming avoidance and safety behaviours
- Identifying incidences of avoidance
- Acquiring social skills and assertive communication
- Much, much more!

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