



**Overcoming Social Anxiety and Gaining Self-Confidence: A Personal Guide: The Complete Personal Guide to helping you free yourself from the grip of ... full of high Self-Esteem and Self-Confidence**

*T Siv*

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# Overcoming Social Anxiety and Gaining Self-Confidence: A Personal Guide: The Complete Personal Guide to helping you free yourself from the grip of ... full of high Self-Esteem and Self-Confidence

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## **Overcoming Social Anxiety and Gaining Self-Confidence: A Personal Guide: The Complete Personal Guide to helping you free yourself from the grip of ... full of high Self-Esteem and Self-Confidence T Siv**

Overcoming Social Anxiety and Gaining Self-Confidence: The Personal Guide aims to help you overcome your social anxiety and raise your self-esteem and self-confidence. Living with debilitating social anxiety and low self-confidence is difficult and limits our potential to progress in life. This book is a complete and affordable book which will teach you how to free yourself from the pain and live life to the fullest. Specifically, you will learn about social anxiety and why you feel uncomfortable in social situations as well as why you may have struggled to free yourself from the clutches of social anxiety. You will then learn exactly what is required to help you drastically reduce your social anxiety in any social situation. The book will also guide you step-by-step in exactly what you need to do to start seeing improvement which can be helpful if you are confused where to start. With 8 chapters and over 120 pages, this book wastes no time getting straight into and teaching you the core concepts and skills needed to overcome social anxiety. I've written this book in a personable way and I regularly share my own experiences with crippling social phobia and the steps I followed to overcome it. You will find this book easy to read with minimal jargon as everything will be explained in a simple, easy-to-understand manner. You will get the most out of this book, if you follow the steps outlined in this book. Furthermore, this book is loaded with tips and tricks which I've personally discovered in my own journey and of which you would rarely find in other books. By the end of this book, you will have gained a deeper understanding of social anxiety, its causes and why your current habits keep your social anxiety going (or even make it go worse). You will have also developed an understanding of what is required to finally start overcoming social anxiety and know exactly how to go about improving in a systematic way from day 1. Specifically, this book will cover: - What is social anxiety. - What may have caused social anxiety. - Why you have struggled to overcome social anxiety thus far and what you are doing wrong. - How your thoughts, beliefs, feelings, and behavior are linked. - Simple tricks to cope with social anxiety in uncomfortable in social situations. - The step-by-step process to overcome social anxiety and why this works. - Ways to improve self-confidence and self-esteem. Subscribe to the email list at [SociallyConfident.weebly.com](http://SociallyConfident.weebly.com) to receive regular tutorials, tip/tricks and even future eBooks for free.

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**Neil Nilsson:**

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