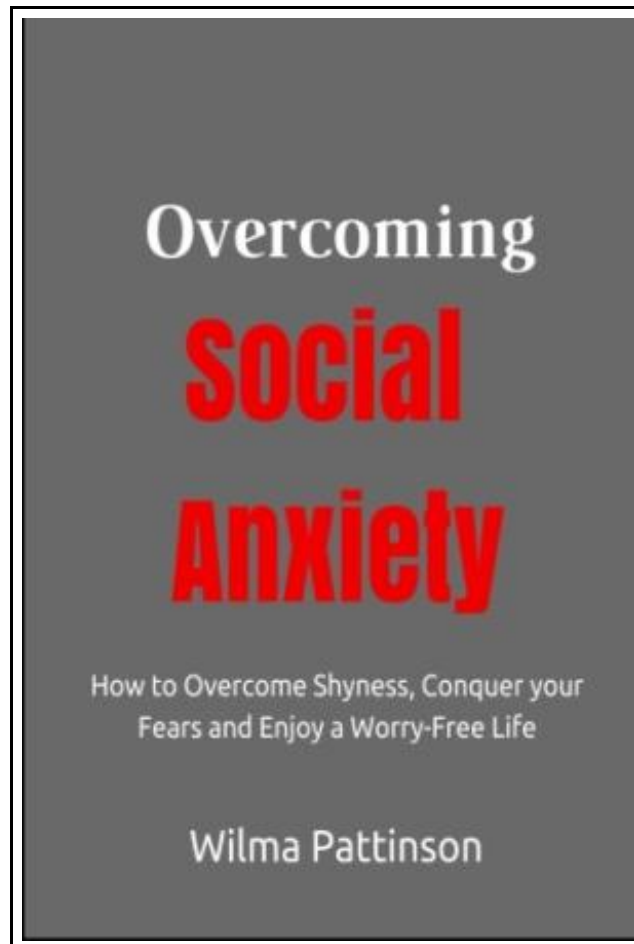


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Overcoming Social Anxiety How to Overcome Shyness, Conquer your Fears, and Enjoy a Worry-Free Life Do you dread mingling with strangers? Does the idea of public speaking make your knees weak? Would you rather stay at home alone than meet other people? You are suffering from social anxiety, but don t worry: you are not alone. In this book, we will go over how to step out of your shell and overcome social anxiety the right way. There are many ways out there on the Internet that may make social anxiety worsen. We will only talk about methods that will help you. Many websites say that shyness is a negative trait and is one that people should strive to get over. This book absolutely does not stand by that. Shyness is a trait that many of us posses, and it is okay to be shy! Discover how to manage your social anxiety once and for all! Also, you ll discover. How to be happier and realize that social anxiety is nothing to be ashamed of. Conversation roadblocks and how to avoid them The hidden language that talks more than any words ever can And much more! Table of Contents Introduction A quick introduction to why this book is better Being Shy is a Character Trait, and Not a Bad One Explains that social anxiety is nothing to be ashamed of Just Accept It. The first step to overcoming social anxiety Hi, My Name Is. How to effectively introduce yourself! Conversation Roadblocks and How to Overcome Them The roadblocks that might occur during conversations, and how you can easily overcome them. Practice Makes Perfect How to practice in order...



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