



**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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