



Cure Social Anxiety and Shyness: Eliminate Your Insecurities and Social Anxiety, and Start Living a Better Life (Paperback)

By Emily V Steinhauser

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Don t let your shyness and insecurities hinder your life If your shyness is hindering your life, keeping you from doing what you wish to, and leading you to feel uncomfortable in social situations, my goal is to help you, guiding you on a path that will bring out your very best. Imagine no longer worried about feeling embarrassed, or to start a conversation without feeling self-conscious. It is all within your reach when you adopt the proper mental mindset. The methods in this book are designed to help with any level of shyness, from extreme to shyness levels that would be considered perfectly normal. It does require work and commitment from you, part of the process is overcoming your fear by eliminating the negative thoughts that you are having. Which requires honest self-examination, the most important first step is that you have to want to change. It should be pointed out that shyness is a refuge that is sought to avoid embarrassment. This is different from an introverted personality who is more focused on their internal dialogue with themselves,...

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