



## Overcoming Social Anxiety: How to Overcome Shyness, Conquer Your Fears, and Enjoy a Worry-Free Life (Paperback)

By Wilma Pattinson

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...



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