



Social Anxiety: How to Overcome Shyness, Be More Confident and Live Your Life to the Fullest

By Sara Elliott Price

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Overcome Social Anxiety And Start Living Your Life To The Fullest! Are you tired of always feeling shy around crowds and new people? Would you like to be more confident and outgoing? Maybe you simply want to enjoy your life more? If that sounds like you then keep reading. What ever your reasons may be I m about to show you how you can leave Social Anxiety in your past and start feeling confident in every situation! I know how you may feel, shyness used to rule my life. I was sometimes so intimidated by social interaction that I could barely leave my house. This is no longer the case for me and I can show you how you can gain the same confidence I now have. If you are suffering from social anxiety and shyness, I know your pain. It s hard to enjoy life when you become frozen at the thought of going out and being around people. Clammy hands, shallow breathing, and a racing heart are just some of the discomfort you...



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