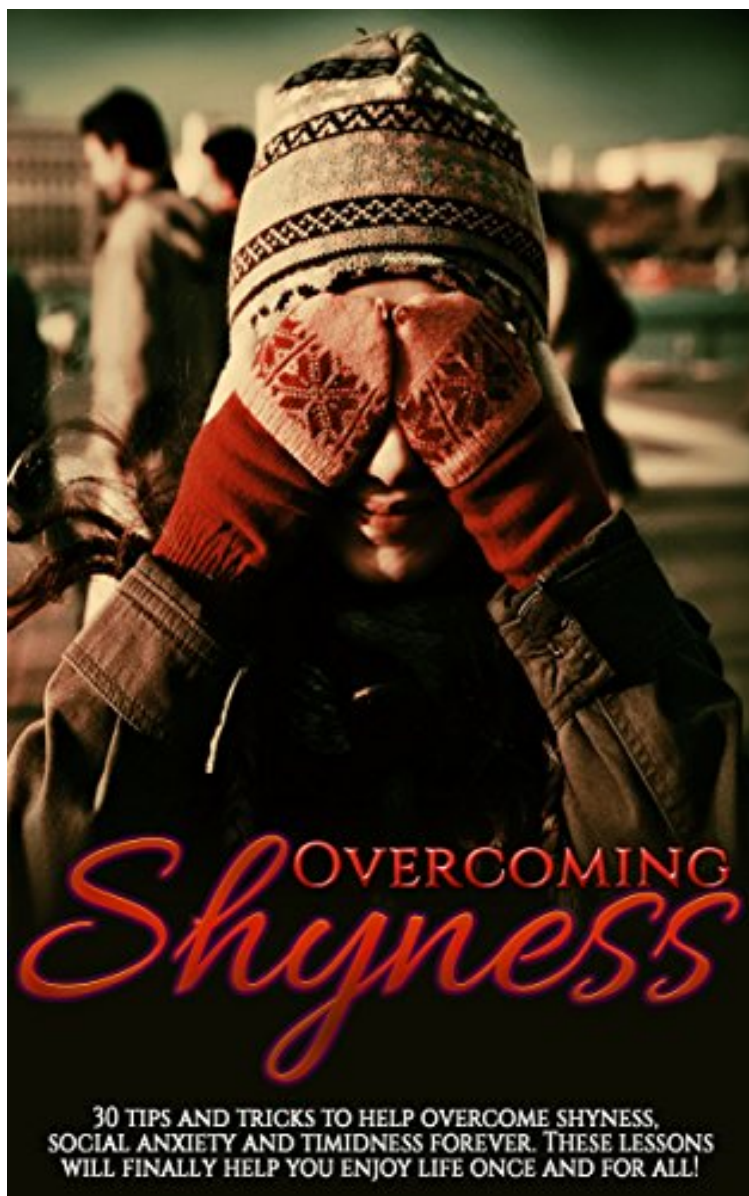


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Overcoming Shyness: 30 Tips and Tricks to Help Overcome Shyness, Social Anxiety and Timidness Forever. These Lessons Will Finally Help You Enjoy Life Once ... Social Phobia, Depression) (English Edition)



Par Sione Michelson, Begle Smith
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Prsentation de l'diteurDiscover How to Overcome Shyness, Social Anxiety Negative Emotions Once and for All!Today only, get this bestseller for just \$2.99 or \$0.99 when you purchase the print version. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.Youre about to discover proven strategies on how to overcome shyness, social anxiety and low self-esteem for good!Millions of people are suffering from shyness, social anxiety and low self-esteem even good looking, hip people like the guy on the cover, that's me Sione Michelson and I'm the author of this book. Even I've been told I'm good looking and acted cool, the truth is I was dying on the inside. I struggled tremendously in my social life, personal relationships and even financially all because I was afraid of approaching or talking with people I didn't know but one day I decided I had enough. I had reached my breaking point and decided I had to change these limiting behaviors or I would die. People with these disorders may feel that they are all alone, like they are the only person out there that have these feelings, I know I thought that for the longest time. The fact is that all people experience shyness, social anxiety and low self-esteem at some point in life but the difference between people who overcome it and who dont is quite simple, they just make a decision to not let these feelings control their lives. Even though it has been a long road for me I feel I have had a major break

through. I'm now engaged, captain of the football team and making major changes in my life everyday to overcome my shyness and social anxiety, now I want to share with the world how I'm taking action to change my life. You Must Take Action if You Want to Change It really is just that simple, make the decision to change and then ask yourself how you can change. You see, we have a remarkable computer in-between our ears and that's the human brain. It's kind of like a super Google search engine; if you ask it a question it will find ways to answer that question. The trick is to ask your brain the right questions like How do I overcome shyness, social anxiety and low self-esteem because I know other people are overcome these conditions? A wrong question to ask your brain would be, How come I don't like being around people? If you ask your brain this type of question then your brain will give you an answer like people are bad and they always judge you. You see, whatever question we ask our brain it will come up with an answer or logic that fits the question. Through much research and personal trials I have found that this is one critical step in changing these limiting beliefs that create shyness, social anxiety and low self-esteem in others and that most if not all the negative thoughts we have are simply NOT TRUE! You can find these and other proven strategies on overcoming your shyness, social anxiety and low self-esteem in my book. Here Is A Preview Of What You'll Learn...-Change how you think and you will change your life.-Practice what you fear and fear will cease to exist.-The science behind your social anxiety, shyness low self-esteem.-Use your physiology to change your emotions.-And much more. Download your copy today! Take action today and finally overcome your shyness, social anxiety and low self-esteem forever! Download this book for a limited time discount of only \$2.99! Tags: Shyness, Social Anxiety, Phobia, Cure, Social Anxiety Workbook, Breakthrough, How Normal Behavior Became a Sickness, Shyness Solution. Presentation de l'auteur Discover How to Overcome Shyness, Social Anxiety Negative Emotions Once and for All! Today only, get this bestseller for just \$2.99 or \$0.99 when you purchase the print version. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover proven strategies on how to overcome shyness, social anxiety and low self-esteem for good! Millions of people are suffering from shyness, social anxiety and low self-esteem even good looking, hip people like the guy on the cover, that's me Sione Michelson and I'm the author of this book. Even I've been told I'm good looking and acted cool, the truth is I was dying on the inside. 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