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Free yourself from

social anxiety,

shyness, self-doubt

and self-criticism.

Identify your strengths

and increase your self-

esteem so you can

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feel proud of who you are. Overcome your fear of rejection so you can meet people, date, and excel in your career. Start conversations and meet new people without social anxiety or fear.

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The second portion of this book focuses entirely on the solution to social anxiety. Dr. Aziz starts by describing social confidence as the way out. Social confidence includes a feeling of relaxed

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freedom around
others to be yourself
without the self-
criticism and
judgment that are so
common in shyness.

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You Back, you will get a lot of helpful information about social anxiety and shyness that holds you back in a format that's very accessible and fun to read. Lists, quotes, and multiple-choice questions makes you understand that many others feel just like you do and that you can be free from your

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disorder can be

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He stopped suffering

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~~Social Anxiety~~ ~~Solutions~~

When at times, your social anxiety returns, please be kind and patient with yourself. Self-compassion is key on your journey

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towards freedom.

Don't give up when
you're having a bad
day and feeling down.

#11 Talk. By Back

overcoming social
anxiety and shyness
you will hopefully start
feeling more confident
during conversations.

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Stress and anxiety are common experiences for most people. In fact, 70% of adults in the United States say they feel stress or anxiety daily. Here are 16 simple ways to relieve stress and anxiety.

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Work through a self-help guide for social anxiety that uses cognitive behavioural therapy (CBT). Work through a self-help guide for social anxiety that uses cognitive behavioural therapy (CBT). Work through a self-help guide for social anxiety that uses cognitive behavioural therapy (CBT). Work through a self-help guide for social anxiety that uses

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this. Often people with social anxiety spin their wheels trying to convince themselves that they are liked. That they do matter. That they do fit in. Trust me, I get it.

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inspiring guide to
reducing anxiety from
former sufferer and
qualified clinical
hypnotherapist, and
host of The Calmer
You podcast, Chloe
Brotheridge. Chloe
will help you
understand why we
feel anxious and will
equip you with
techniques to help
manage the

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symptoms and start
living a happier, more
confident life.

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TEXT #1 :

Introduction The
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By Edgar Rice

Burroughs - Jun 28,
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The central ideas are:
Social anxiety comes from an underlying belief that something is wrong with you, the solution to social anxiety is to let go of this belief, the way our inner critic talks to us is much less reasonable than the way we would talk to

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Solution To
Social Anxiety
anyone else, and to
gradually expose
yourself to doing the
things that cause you
anxiety and fear while
using tools to more
positively address
your inner critic.

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