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Conquer Social Anxiety: How to increase your confidence and live a life free of fear

Brian Masters

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Do you suffer from social anxiety or social phobia? This book will give you a psychological toolkit you can use to overcome your social anxiety, social phobia, fears, insecurity, and lack of confidence. This step by step guide will teach you everything you need to know to enrich your life and start conquering social anxiety today! In this book I'll teach you about the process our bodies and minds go through in response to social stimulus and show you how you can hack this process so that we aren't subservient to irrational fears and worries anymore. I was shy for years and it was ruining my life. I understand exactly how this disorder works because I've been there myself. I know how devastating social anxiety is and what a life changing experience it is to live a life free of shyness. I figured out a method that anyone can use to conquer social anxiety permanently. In this book I'll show you the exact method I used to beat social anxiety. I've taught this method to clients in my private coaching sessions and I've seen the amazing success they've had in living rich and fulfilling lives and doing all the things they wanted to do but never could because of social anxiety. Now I want to share these tools with you so that you too can enjoy the life you want to live. Chapter 1: Introduction I introduce myself and share with you the struggles I've had with social anxiety. Chapter 2: What is social anxiety? Before we can solve our problems we need to understand our problems. This chapter will help you understand what social anxiety is, and also what social anxiety is not. Chapter 3: The difference between avoidance and disinterest There is a common way of thinking that many people suffering from social anxiety unknowingly engage in to their own detriment. I'll teach you what to do when you are conflicted about participating in a social situation in order to understand the source of your conflict. Understanding the difference between avoidance and disinterest is a crucial prerequisite for making the right kind of positive changes in your life. Chapter 4: Understanding the reaction process I'll give you a simple structure you can use to break down and understand why you act the way you do in any situation. Once you separate the relevant components of your actions into this structure you will better understand the way you act and what you need to do to change it Chapter 5: Hacking the reaction process This chapter builds on the previous one and is all "hacking" the reaction process structure so we can use it to our advantage. Sometimes our natural reactions work against us but in this chapter we'll learn how to change this and make the reaction process work in our favour so we can do the things we want to do instead of just responding to social anxiety. Chapter 6: Mental reaction triggers This chapter introduces a vital tool in your battle against social anxiety. I'll show you how to identify the intervention point in your natural reactions to social events so you can change your actions and develop habits of confidence and comfort in social situations. Chapter 7: Mental analysis In this chapter I'll really get detailed about exactly how hacking your typical reaction process works. I'll teach you the psychological tool you need to prevent your destructive social phobias from ruining your life. Chapter 8: Using your psychological toolkit in everyday life I'll give you some final crucial advice about using your new tool kit in every day life so you can start conquering your social anxiety TODAY. I'll also teach you the most important thing you must remember to do to ensure long term success and keep from falling back into destructive habits. Psychological tool kit glossary I give you a quick overview of the most important tools in this book that you can easily refer to any time you need to refresh your memory.

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