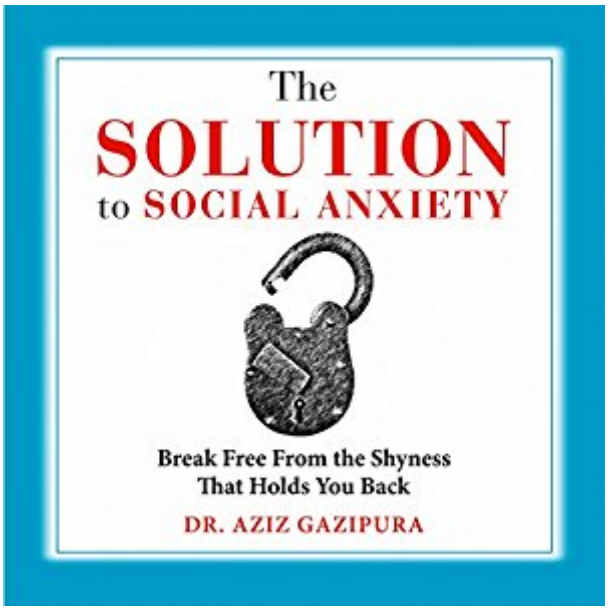
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The Solution To Social Anxiety: Break Free From The Shyness That Holds You Back



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Synopsis

Are you held back in your life due to shyness or social anxiety? In this inspiring, breakthrough book, Dr. Aziz will guide you along the path towards greater confidence in yourself. You will discover what is keeping you stuck in shyness and learn exactly what to do in order to break free. You will master dozens of clinically proven techniques that will help you: - Stop worrying about what others will think of you.- Free yourself from social anxiety, shyness, self-doubt and self-criticism. - Identify your strengths and increase your self-esteem so you can 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. - Create fulfilling friendships and romantic relationships.

Book Information

Audible Audio Edition
Listening Length: 6 hoursÃ Â andÃ Â 36 minutes
Program Type: Audiobook
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Publisher: The Center For Social Confidence
Audible.com Release Date: July 25, 2014
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ASIN: B00M4PXP9M
Best Sellers Rank: #83 inÃ Â Books > Self-Help > Self-Esteem #173 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Happiness #269 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

I simply had to go 5 stars on this one. Aziz’s approach is solid. His strategies are derived from his mentors and professors, as well as his own journey to overcome his own anxiety. When he talks about inner dialogue, your going to say to yourself..."OMG, I say the same negative comments! I thought I was the only one who thought that way!". Plus, your going to laugh at times, how he talks to himself is because its same things we say to ourselves....its the way he says it that’s so funny.This book may appear to be for single men that are finding courage to meet women. But it has great potential and value to anyone in sales, speaking and presentation skills, or if your dreading every time you have to make contact with people you don’t know on a regular basis as a part of your job. Aziz is kinda like a mixture of Zig Ziglar, Tony Robbins, Deepak Chopra and Stuart

Smalley. Ok... not really. Its not regurgitated material by any means. I purchased the paperback book as well, to go through and refer back to areas that I need to keep working on. Well done Dr. Aziz

Glad I bought this

Dr. Aziz wrote a wonderfully insightful book that does help. I have suffered from social anxiety since I was a child and I have tried therapy, meditation and other things but his book has help me out so much more then the other thing's.

A very helpful book for anyone dealing with this problem, however severe it might be. The greatest aspect about it is, that it gives you both a full understanding of social anxiety and the workings of it, and practical, proven methods to diminish it and gain social confidence. This way of making clear what your problem is, and then working on it, is what it makes it different from more superficial and less effective self help guides and books. The writing style is very accessible and even though the book describes some nuanced concepts, Dr. Gazipura provides quotes and anecdotes from his own life and that of his patients, which help a lot.

Itis informative and offers practical suggestions

OKAY. The majority of my life ive been more than shy: I was an outcast, did not have many friends, I clung on to them (clung. Is that the correct tense?), had a horrible opinion of myself, felt like nobody loved my personality, and that basically made me hate my classmates, family, and humankind in general. However, this book told me something that I've been wanting to hear from someone: There's nothing wrong with you, and here's the solution to love yourself, be confident and live the life you want. I devoured the book after getting that revelation and I was and am more than willing to practice selfcompassion, honesty, and boldness if that will help me be a successful writer, forge authentic, long-lasting friendships, and find a beautiful, sexy, genuine, kind, playful, godly, brave, assertive, seductive girlfriend. I recommend this book to any shy guy out there. There's hope for all of us in being ourselves. I wish you all luck in achieving a badass life and I ask you to wish me luck too.

i am changing my life

Superb. Nails it very well.

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