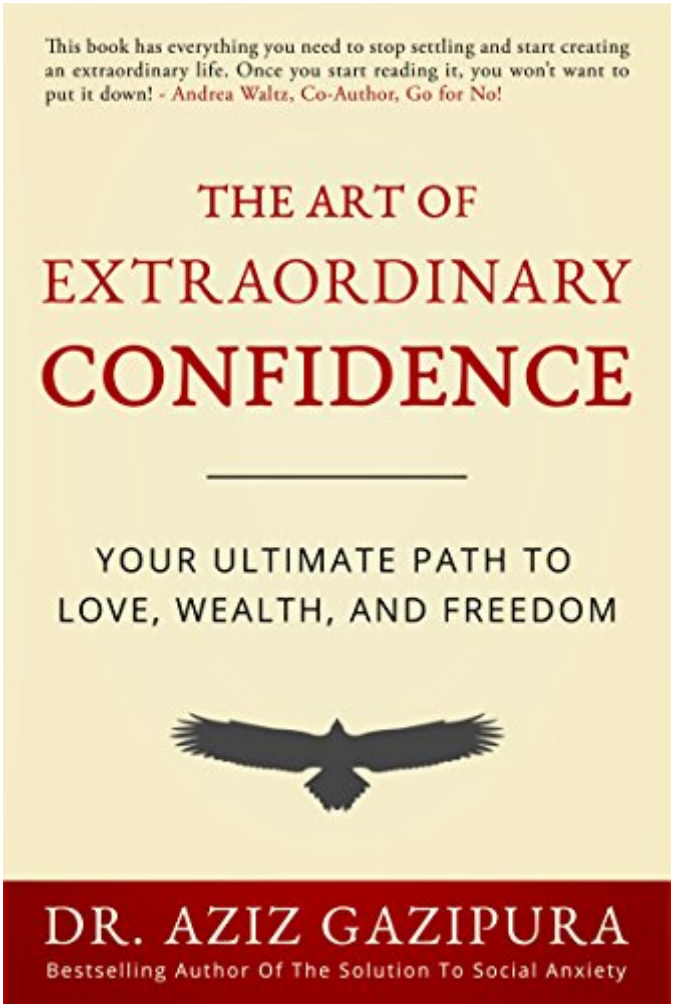
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The Art Of Extraordinary Confidence: Your Ultimate Path To Love, Wealth, And Freedom



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Synopsis

Confidence is the doorway to success in all areas of life. Whether you want to excel in your career, triple your income, create an amazing relationship, or just feel happy and satisfied with who you are, self-confidence is essential. In this inspiring and liberating book, Dr. Aziz slices through each obstacle on the path towards ever-increasing confidence. Through stories, activities, humor, and the worldÃ¢â ¬â„¢s most powerful tools, you will discover how to: => Eliminate self-doubt and negative thinking. => Master five ways to overcome fear. => Discover how confidence leads to greater wealth and prosperity. => Boost your social power so you can confidently talk with anyone. => Enjoy more love in all your relationships. => Boldly ask for what you want, so you finally get what you really desire out of life.

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Customer Reviews

I was terrified... I mean seriously *terrified* to speak in front of people. When *imagining* getting up in front of a group of people, my heart would start pounding in my chest. My entire body would

literally tremble. It would feel like I had something caught in my throat.And that was just from imagining myself speaking in front of people.Well, every two weeks, the company I work for holds this company-wide meeting. People get up and talk about things like what they've been working on, results, etc. And for over three years I've avoided going up there. Are you kidding? Speak in front of the entire company? Um... No thank you. Not happening.Don't get me wrong. I *wanted* to get up there and speak. I had a lot that I wanted to say. And speaking to the company was important for my career. In fact, I really wanted to overcome my fear of public speaking because I knew that, if I could just get over this fear and develop the confidence to comfortably speak in front of audiences, I could take my career so much further. It would open up a whole new world of opportunity for me. I could speak at conferences, make a name for myself in the industry, etc.But I just didn't have the courage. I felt like if I even just spoke in front of a small group at work I would only manage to humiliate myself, end up hurting my career, and feel even worse about myself than I already did.So, I looked for help. Originally, I looked at The Shyness and Social Anxiety Workbook. I read it. But for some reason, it didn't really help me to work up the courage to put myself out there. Maybe because the book felt too cold and "clinical". Maybe because, as I would later discover, it failed to address some critical elements of my social anxiety.Anyway, somehow, I found Dr. Aziz. Here was a guy who'd done it; a guy who'd suffered from debilitating social anxiety, just like me, and overcome it.Like The Shyness and Social Anxiety Workbook, Dr. Aziz teaches that you need to go out there and begin to do those things that terrify you, starting small, getting comfortable with things that only give you a small amount of anxiety, and progressively working your way up until, for example, you're comfortable speaking in front of perhaps even thousands of people.However, there are two things that differentiate Dr. Aziz's method from The Shyness and Social Anxiety Workbook. First of all, Dr. Aziz teaches several principles that seem to be entirely absent from CBT; things like self-compassion and becoming comfortable with rejection. Secondly, it feels like there's a human being on the other end who actually cares. And this was surprisingly important to me; to feel like I wasn't alone in this.Anyway, I've been applying Dr. Aziz's method. And here's the proof that his method works. A couple weeks ago, I volunteered to speak in front of the entire company at the company-wide bi-weekly meeting. Now, normally this is just an internal meeting. But literally the day before the meeting, they came up to me and said that they wanted me to prepare what I was going to say in such a way that they could *film it* and *distribute it* to existing and potential clients.Seriously? As if just speaking in front of the company wasn't stressful enough for me! Now you're going to record me speaking in front of the entire company AND you want to send the recording of me out to literally thousands of people!Well, the next morning, they called me down to

speak. And... well... I knocked it out of the park. I felt way more comfortable and relaxed than I could have ever hoped. And when I'd finished, the son of the founder of the company was so moved that he yelled, "Boom!"I'm not gonna lie. It felt really good to have faced that fear and to have overcome it. Now, I guess it's on to the next level for me.

A very readable easy to understand book with powerful and simple exercises if you're willing to do them.

I will be referring back to this book, from time to time, for inspiration whenever I am feeling low or stuck.Motivational and instructional.

I purchased this book because his previous book tremendously helped my confidence grow and I wanted to grow my confidence even further. His previous book is mostly about internal work, whereas this book is more action-oriented, so I find it to be a very nice sequel. What I like the most is his inspiring manner of writing. While reading this book, I got so inspired that I actually stood up and went to do the thing I was afraid to do at the moment. This is a book I want to come back to whenever I face challenging situations and need inspiration.

I recently upgraded from an android to an iPhone and boy am I glad I did or what. It allowed me to find Dr Aziz' podcast "shrink for the shy guy". I'm 32 years old and I've struggled with social anxiety all my life. So much so that I switched careers a few years ago to become a counsellor mainly to take care of this area of my life.If there is something I regret, it's that I wish I had found Dr. Aziz' podcast, YouTube videos and most importantly his books earlier in my life. My anxiety was so bad that I probably would have thought twice before writing this review online. Not anymore.The thing I like about the book is that he isn't making false tall claims just to sell his stuff like many other people. Tall claims may make the reader feel better only temporarily. He is honest when he talks about exposure and only the truth shall set you free.This isn't snake oil. It really is the real deal. The only caveat is that you the reader has to take action, otherwise nothing will change and this book will help you do just that.There are many areas in my life where I continue to struggle but I know that in this book and In Dr Aziz I have a great resource to assist me.

I began reading with the thought that this would be "like the rest." I was so wrong! It actually hurts a bit when I am reading - it's really hitting the truth behind all my troubles. I am so fearful - actually to

the point of being hopeless. I truly believe this book brought me back from the edge. I am hopeful now - where before it was hopeless, victim thinking.

Full of useful tips on how to improve your confidence for the rest of your life. Interesting theme and use of words to grab attention in some places. It helped me to realise that everything doesn't have to be perfect to be good enough. I also liked the learn by doing approach. I would recommend this book to everyone who use being shy as an excuse to avoid doing something.

Great book! It's very easy to read and comprehend.Dr. Aziz has been coaching me since I was a shy man, he successfully helped me break free my fear and this book talks about exact steps how he was able to transform my life.Highly recommended!

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