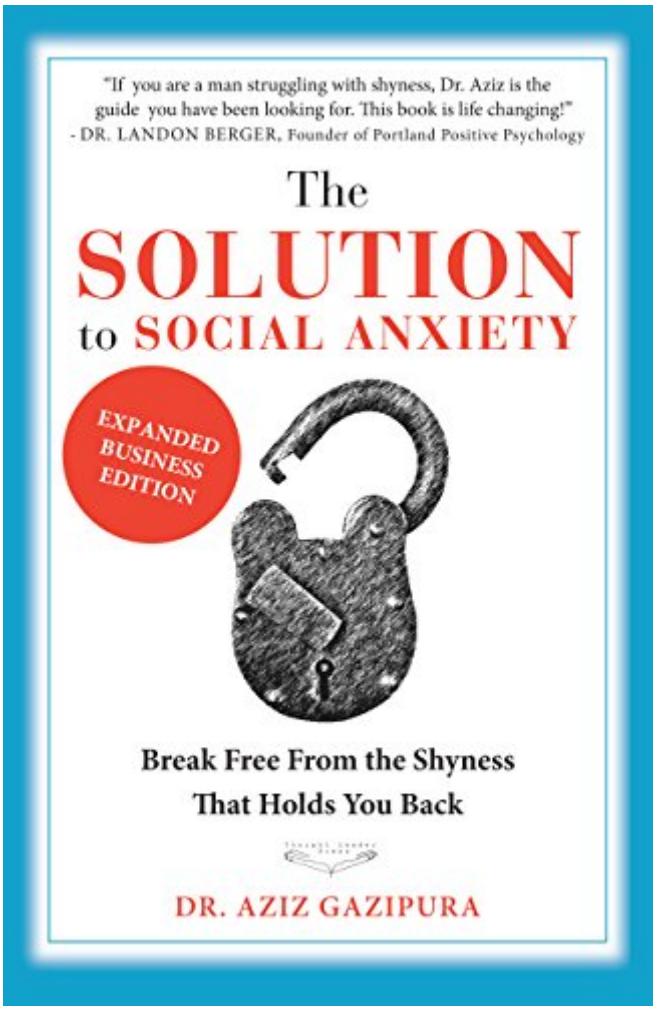
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The Solution To Social Anxiety Expanded Business Edition: Break Free From The Shyness That Holds You Back



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Synopsis

Overcome Social Anxiety, Shyness, And Self-Doubt In Business, At Work, And In Your Social Life.In this Expanded Business Edition of the world-renowned book, The Solution To Social Anxiety, you'll discover the pathway to breaking through shyness, social anxiety, and social fears.You will discover exactly why you feel nervous speaking up in business meetings, in groups, and even with people you've just met. You'll learn the root cause of shyness and social anxiety, and more importantly you'll discover exactly how to break free.Following Dr. Aziz's powerful 3 step process, you will discover how to:-- Confidently Speak Up In Business Meetings And Be Recognized For Your Ideas.-- Accelerate Your Career, Increase Sales, Grow Your Business And Be A Leader In Your Field.-- Finally Stop Worrying About What Others Think Of You Once And For All.-- Be Charismatic And Charming And Always Know What To Say Next.-- Confidently Speak Up In Groups And Enjoy Being The Center Of Attention.-- Eliminate Your Fear Of Rejection So You Can Approach Anyone And Say Whatever You Want.-- Easily Start Conversations And Confidently Talk To Anyone.-- Boldy Approach Beautiful Women, Have Awesome Conversations, And Get Dates.

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Customer Reviews

Aziz's approach to tackling social anxiety is unique. He teaches how to show compassion to our self and in the process get rid of our anxieties. I would totally recommend this book to anyone who is looking for some down to earth approach to improve one's confidence.

If you have any form of SA then this is the book you should start with. I have real problems communicating in meetings and giving my opinions due to SA and this book gives practical advise on how to improve. It's not a magic bullet (what is), but it's certainly helped improve my condition and have recommended it to a friend who is now reading it and getting a lot out of it too.

Thank you! The negative self talk was really helpful so I can see it in myself when it happens....it helps to see it in other people to see it's not me, it's only ego....thank you Aziz for all you learned so you can help other people

Great and very helpful book Dr. Aziz is very easy to under stand and helpful and has changed the way I think and act in stressful times.

Clear and concise. Really useful information you can put into practice right away.

Great book and one that I will recommend to others!

First of all, I strongly recommend this book to every person who struggles with debilitating shyness and social anxiety. Even some of my friends who consider themselves as confident and outgoing, found lots of value in the solution to social anxiety.I bought this book from a place of frustration, to be honest; I had no expectations on the book at all.In the introduction Dr.Aziz emphasizes that Social Anxiety is common. Research shows that over 15 Million people in America struggle with Social Anxiety. Aziz also stresses multiple times that there is nothing wrong with being shy and that shy people have naturally good character traits like warmth and niceness.When reading Aziz's personal experiences with Social Anxiety, I felt a deep sense of connection. Finally, someone understands how I feel. He verbalized thoughts and ideas which I had in my head for years,

incredibly well. It really helped me to identify what was going on in my head.The most important idea for me , Dr. Aziz shared, is that Social Anxiety is not a fixed character trait, which is determined by my DNA. Aziz describes Social anxiety as a pattern which is learned by certain experiences. IT IS UNLEARNABLE.For me this idea was kind of overwhelming. I identified myself as shy as long as I can remember. Everybody saw me as the ÃƒÂ¢Ã â ¬Ã Å“shy guyÃƒÂ¢Ã â ¬Ã Â•, even my parents. So understanding that I can change really was kind of odd.He mentions that the cause of Social Phobia is the underlying belief that I am not good enough and thatÃƒÂ¢Ã â ¬Ã â„¢s why people going to reject me. This toxic believe causes the shy person to avoid all kind of risks.Dr.Aziz also helped me identifying my inner critic. Instead of just feeling bad like I used to do , I was able to identify and challenge my critic.In the second part of the book Dr.Aziz literally guides you from social anxiety to social confidence. After determining your desires and strengths the book helps you to accept yourself and to get rid of your old inhibiting believes.In addition of that you have to purposefully leave your comfort zone on a regular basis. He really stresses that you will not get more confidence just by reading and studying how Social Anxiety works. You have to take bold action.This book really changed my life and that is why I really encourage everyone who struggles with shyness to invest in this book.

It’s a wonderful book I have ever read.Everyone should read it. This book will help you understand what shyness and social anxiety is,its causes and negative effects on our life.You will also learn to deal with the problem in the second part of the book.Shy quotes gives us the insight about how the shy and social anxious person thinks and feel.This book has actionable steps and strategies on how to overcome shyness and social anxiety.As it is tried and tested on real people,gives us desired results. This book gives a road map to travel from self doubt and self criticism to a place of deeper confidence and belief in our self and our inherent worth.The ideas in this book really work if you are willing to let go of the fear and anxiety in your life that is holding you back from being happier and healthier in every way. Aziz shows us how to let go of the limiting belief and know on a deep level that we are lovable and worthwhile as we are.He also shows us how to challenge the long held limiting beliefs and help us see the world in a new way. I have recommended this book to my friends.I would say that I have found the right solution to shyness and social anxiety.

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