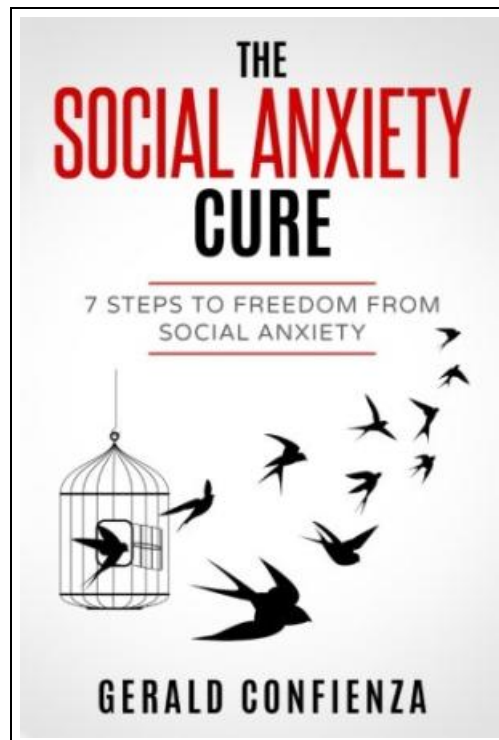


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 54 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Social anxiety haunted me all throughout High School and University. I tried to fool others into thinking I was getting along fine, while in reality, I was suffocating inside. Should anything unexpected occur within an interaction, sweat would begin running down my back. My forehead would easily catch up. Next thing I knew, I was excusing myself to the bathroom just to get some air. I am too different from them. I will never fit in, I thought. I routinely caught myself contemplating others, seeing in envy how easily some could gather and maintain social attention. I came to the conclusion that some were born with certain social qualities and others weren't. That conclusion set me at ease for a while. But oh boy, what I would've given to be like them. That was me 7 years ago. Fast forward to now and a lot has changed within me, largely due to a decision I made back in 2010 to change who I was at a psychological, emotional and even spiritual level. What this book will do for you is teach you all I have learned to date in how to overcome your social anxiety and begin to thrive in social situations. This is not a quick fix or gimmick. What I'm inviting you to do is join me in a process of personal evolution, in which we will: Find purpose and motivation for personal change Clean up our past conditioning in regards to social behavior Get out of our heads and connect with our body to naturally flow in social settings Begin to genuinely connect with others by shifting into a Giver mindset Explore meditation and other ways to find Inner Stillness Build a...









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