



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

Dr Aziz Gazipura PsyD

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Discover How To Overcome Social Anxiety And Shyness

Are you held back by shyness?

Do many things seem out of reach due to social anxiety?

Many people have settled into thinking this is just how life is... "This is just the way I am." However, nothing could be further from the truth.

In this inspiring, breakthrough book, Dr. Aziz guides you along the path out of social anxiety and into 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.

After suffering from social anxiety himself for many years, Dr. Aziz became determined to find a way to social freedom. His deep understanding of what creates the social fears, shyness, and limitations, displays just how much he gets what it feels like to be shy.

The first part of this book focuses on understanding the problem. You will discover exactly why you feel social anxiety in a variety of situations. This section teaches you about the deep underlying beliefs that lead to your fears, and you will learn the single belief that is beneath all shyness.

In this section you will also understand why you have that continual fear of, "what will they think of me?" that can be so limiting in social anxiety. you will also learn about your inner critic, which is actually a much bigger drain on your confidence than any situation or person outside of yourself.

The second portion of this book focuses entirely on the solution to social anxiety. Dr. Aziz starts by describing social confidence as the way out. Social confidence includes a feeling of relaxed freedom around others to be yourself without the self-criticism and judgment that are so common in shyness.

You then go on to discover the 3 major steps of breaking free from shyness and social anxiety. These are:

1. Know Who You Are
2. Accept Yourself. *All of Yourself*
3. Take Bold Action

Step 1 - Know Who You Are

In order to overcome social anxiety and feel confident and to relate to others with comfort and ease, you must know who you are. This includes owning your preferences, speaking your mind, and letting go of the need to please everyone else at the expense of yourself.

Step 2 - Accept Yourself. *All of Yourself.*

Most of the pain and suffering from shyness and social anxiety is not due to the rejection we receive from others. It's the rejection we receive from ourselves on a daily basis. You will discover how to turn your inner critic into an ally so you can feel more peace and joy in all of your interactions.

Step 3 - Take Bold Action

No matter how much we change our thinking and accept ourselves, nothing significant changes in our lives unless we take action. In order to truly liberate yourself and break free from shyness, social anxiety, and self-doubt, you must consistently move towards what scares you. In this section you will design your own customized action plan for creating social confidence and success.

This book is by no means academic or aloof. It is full of practical tools and techniques that you can start using today to improve your confidence and free yourself of social anxiety and social discomfort.

In addition, Dr. Aziz provides numerous engaging stories from the work he has done with clients, and from his own life, to illustrate how to use the techniques to forge a path to freedom. He is refreshingly authentic and honest about what it feels like to be shy, which can provide you with a great sense of relief in itself. Using the tools, insights, and clinically proven techniques in this book, you will learn how to:

- 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.

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