



## Social Anxiety: The Social Anxiety Cure: 7 Steps to Freedom from Social Anxiety (Social Anxiety, Self Confidence, Shyness, Social Skills, Introvert)

By Gerald Confienza

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...



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