



# **Social Anxiety: The Simplest Guide for Destroying Social Anxiety & Overcoming Shyness (Becoming Assertive Confident Series)**

*Ericsson Allen*

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## Overcoming shyness, the easy way!

An E-Book commonly referred to as "The confidence magic pill", this easy to follow guide will walk you through some simple ways to boost your confidence and overcome shyness and social anxiety, in an easier way!

### Topics covered in this title:

- What Social Anxiety is?
- Where Social Anxiety comes from?
- What the common symptoms or signs of the disorder? are
- Numerous ways to improve mental health?
- Every day practices that will diminish the anxiety?

### Shyness & Confidence

- Easy step by step guide to obtaining core confidence
- Effortless content made to help obliterate any form of social anxiety
- Cookie cutter guide to becoming more assertive
- Ways to perceive confidence in a better way
- Tips & tricks on how to diminish shyness?

### Bonus Material included in Title

1. Exercises that help replenish mental health?
2. Lifestyle options to consider that will help achieve true confidence?

### Notice

This title is going through a amazon trial by Ericsson Allen. For the first 7 days it will be free to read and will increase to \$2.99 after the promotional period is complete; Grab your copy now, at a discounted price!

Tags: confidence, confident, anxiety, how, to, cool, awesome, pickup, girls, womanizer

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