



How To Stop Being Shy: Overcome Your Shyness, Social Anxiety, and Depression (Social Anxiety and Depression Books)

Suzie Summers

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Dealing With Social Anxiety - How to Overcome Your Shyness

In this book you will get eighteen tips to help you cope with being an introvert by teaching you how to deal with social anxiety, stress, low self-esteem, depression, and insecurities that come along with being shy. These tips will also help you love yourself and find happiness.

Suzie Summers, the author, writes in such a way that you won't be wasting your time sifting through a bunch of useless content. You are going to get straightforward helpful tips to help you overcome shyness when meeting and conversing with other people.

A Few Tips From The Book on How To Quit Being Shy

1. First, take a deep breath and relax! It is a completely normal thing to have nervous emotions when talking to new people, and this book can give you ways to move past many unsettling feelings you may be dealing with.

1. Tip one, is to stop yourself and say; "hey self-come back to the moment ", you are missing it with all that extra mumbo jumbo." Stop yourself for just a second when you feel your anxiety coming on and you hear those insecure questions running through your mind and just think "breath" and take a deep breath. This tip is that simple, because deep breathing can reduce anxiety and provide more oxygen to your brain so you can think more clearly. This will bring you back to the moment and bring you back to the conversation at hand.

Also, if you feel yourself blushing just think "smile". Smiling can disguise your blushing and send signals to your brain which cause you happiness and in turn can reduce your anxiety. These are just little tricks to hide your insecurities for the moment and get you through the first initial greeting.

After reading this book you will:

- Have more confidence
- Have the tools to meet new people
- Learn how to accept yourself

- Be able to deal with the symptoms of social anxiety
- Know how to make small talk with other people
- Be more equipped to cope with depression and be happier
- Quit being shy

Another tip you will get from this book: How to Deal With My Social Anxiety

4. Self-acceptance comes from letting go of things that happened in the past and allowing yourself to grow in the future. Don't dwell on a past experience that made you feel shy or uncomfortable when talking to other people. Forgive yourself for fumbling over your words and blushing. If you continue to dwell on your past experiences, you will only cause yourself pain and anxiety.

Everyone makes mistakes move on from them and make new experiences. Look to the future what's done is done you can't take it back, but you can change how you do things in the future. These things take practice you may fumble through your words many more times in the future, but the more you practice the easier it will become.

As you can see after reading this book you will have the tools to overcome your shyness in social situations and have more self-confidence. Get it now while it is still being offered at this great price!

tags:how to stop being shy, overcome shyness, social anxiety, depression, stop being an introvert, social skills, talking to people, overcoming shyness, anxiety, social anxiety, shyness, how to deal with stress, depression, happiness, confidence, low self-esteem, social phobia, self-help

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Jamila Coles:

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