



# How I Overcame Social Anxiety: An Introvert's Guide to Recovering From Social Anxiety, Self-Doubt and Low Self-Esteem

*Tobias J. Atkins*

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**DO YOU FEEL NERVOUS AROUND PEOPLE & DON'T KNOW WHY?**

Are you tired of worrying what others are thinking of you all the time?

Do you feel uncomfortable in public and can't ever seem to relax around people?

Are you tired of that critical voice inside your head that's always putting you down?

Have you tried to overcome your social anxiety & shyness before and nothing worked?

Do you believe you're 'beyond help' or 'born this way' and things will never change?

I suffered from professionally diagnosed social anxiety disorder and generalized anxiety disorder for over a decade. The majority of my 20's I was on strong antidepressant medication. Instead of being the best, those were the most unhappy years of my life.

In public I felt nervous and awkward ALL THE TIME. I couldn't go to shopping malls or social gatherings without feeling like I was naked and on display. I couldn't even talk to old friends and my own family without getting nervous around them!

For years I didn't tell anyone about this and suffered in silence. I felt lonely, depressed and ashamed about this 'disorder' that no matter how hard I tried, just wouldn't seem to go away. I was confused and upset as to why this was happening to me.

I know how it feels to live with social anxiety 24/7, 365 days a year. The suffering, the shame, the lack of understanding from family and friends. The feeling that no-one really understands what you're going through. I understand.

**This is why I can help.**

I truly believed I was 'born shy' and would have social anxiety for life. I am here to prove to you that social anxiety and shyness is not a life sentence and you can get over these conditions, no matter where you currently are. I am living proof of that.

This book documents my entire journey through social anxiety; the factors that caused it and the exact steps I took to find my healing and regain control of my life. In this book, you'll learn:

- The real causes behind your social anxiety & shyness (it's not what you think)
- My step-by-step guide for overcoming social anxiety & shyness (follow what I did)
- How I learned to stop fearing the opinions and judgments of others

- How to let go of perfectionism and always putting yourself down
- What I learned from spending over \$35,000 on alternative therapies
- How to finally start liking and accepting yourself
- How to lower anxiety and self-consciousness in minutes, not years

This book provides you with a proven roadmap to overcome social anxiety, explained by someone who has actually gone through the process and found a way out of it.

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In this 21st century, people become competitive in every single way. By being competitive at this point, people have to do something to make all of them survive, being in the middle of the crowded place and notice through surrounding. One thing that at times many people have underestimated the item for a while is reading. Sure, by reading a book your ability to survive increases then having a chance to stand than others is high. In your case who want to start reading a book, we give you this *How I Overcame Social Anxiety: An Introvert's Guide to Recovering From Social Anxiety, Self-Doubt and Low Self-Esteem* book as a starter and daily reading e-book. Why, because this book is greater than just a book.

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#### **Connie Nixon:**

As a university student exactly feel bored to help reading. If their teacher questioned them to go to the library or even make a summary for some book, they are complained. Just very little students that has reading's spirit or real their passion. They just do what the professor want, like asked to go to the library. They go to at this time there but nothing reading significantly. Any students feel that examining is not important, boring along with can't see colorful photos on there. Yeah, it is for being complicated. Book is very important for yourself. As we know that on this age, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. So, this *How I Overcame Social Anxiety: An Introvert's Guide to Recovering From Social Anxiety, Self-Doubt and Low Self-Esteem* can make you experience more interested to read.

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