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Fearless social confidence is a book that helps deal with it in a realistic way, particularly the chapters on treatment and clinical diagnosis, which was great how he differentiated between normal feelings and diagnosable feelings. It was comforting to know that nothing is wrong with me at all, I can improve and get better social confidence!

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Buy Fearless Social Confidence: Strategies to Live Without Insecurity, Speak Without Fear, Beat Social Anxiety, and Stop Caring What Others Think by Patrick King (ISBN: 9781727756746) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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5 Strategies To Build Unshakable Self-Confidence

Fearless Social Confidence gives you more than victory over shyness - it gives you social

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invincibility and forever eliminates the feeling that you're just not good enough. Feel comfortable anywhere and with anyone. Fearless Social Confidence is a unique book that takes a deeper look into social confidence: what causes it, what drains it, and most importantly what you can do about it in any situation.

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Fearless Social Confidence: Strategies to Live Without ...

Sign In. Details ...

Do you freeze up and avoid people because it feels like they are judging and rejecting you? Is

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being self-conscious preventing you from living your life? The power of social confidence: it lets you see a world of possibility and potential versus a world of stressful anxiety and constant fear of failure. Fearless Social Confidence gives you more than victory over shyness - it gives you social invincibility and forever eliminates the feeling that you're just not good enough. Feel comfortable anywhere and with anyone. Fearless Social Confidence is a unique book that takes a deeper look into social confidence: what causes it, what drains it, and most importantly - what you can do about it in any situation. It recognizes how confidence is built, and takes you step by step through the how-tos. You'll walk away knowing exactly what to do to help yourself, this isn't a book of endless analyses that help no one. Never say "What if they think I'm stupid?" again. Social confidence is the number one step to any sort of self-improvement. Why listen to me? I'm a Social Skills and Conversation Coach and program designer and I've sold over 200,000 books on the matter! Clinical psychologist and the US's leading social confidence authority Dr. Aziz Gazipura lends his thoughts in an insightful foreword. How will you learn to live and speak freely? - The key to being confidently assertive. - How skills relate to always feeling confident. - How to banish negative self-talk and other toxic habits. - Getting ready and warm for any social situation. And these ways to get rid of despair and hopelessness: - The art of self-acceptance. - How social anxiety relates to social confidence. - How introverts can confidently thrive. - The astonishing ripple effect of social confidence. Allow people to see the real you. Social confidence gives you the power to make your world what you want. It allows you to seize the relationships that you've always wanted, and felt that were out of reach. Escape your comfort zone and meet who you want, always know what to say, and be respected and heard. Shed your insecurities and learn how to take control of your

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thoughts. True change is possible and it starts today with small steps. To conquer your fears and reject rejection, click the BUY NOW button at the top right of this page!

Change the inner voice that tells you "they'll think you're dumb", or "I'm not good enough". Stop letting fear run your life. Fear of: judgment, rejection, laughter, awkward silence, feeling silly, saying the wrong thing, or making a bad impression. Is this always what you're fixated on? Control your thoughts, be respected and heard, and stop caring what others think. Fearless Social Confidence gives you more than victory over shyness - it gives you social invincibility and forever eliminates the feeling that you're just not good enough. This is a unique book that takes a deeper look into social confidence: what causes it, what drains it, and most importantly - what you can do about it. It recognizes how confidence is built, and takes you step by step through the various mindset changes and action items. You'll walk away knowing exactly what to do to help yourself. Learn to feel comfortable in any situation and ignore self-consciousness. Patrick King is an internationally bestselling author and social skills coach. His writing draws of a variety of sources, from scientific research, academic experience, coaching, and real life experience. He is also a former social recluse who has gotten from point A to point B, and intimately understands the struggle you are facing. Clinical psychologist and the US's leading social confidence authority Dr. Aziz Gazipura lends his thoughts in an insightful chapter on transformation. Speak and live freely without constant negative thoughts. "How to banish negative self-talk and other toxic habits." "The art of self-acceptance and correcting skewed thoughts." "A detailed plan on exactly what to do and how to start your change." "Core techniques used in therapy and psychology to overcome fear." "Understand the

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relationship between confidence, action, and thoughts. Take your shields down and allow people to see the real you.

Break your crippling addiction to approval and learn to be less "nice". Do you keep your mouth shut for fear of falling out of people's graces? Feel that you need to please and serve to stay in your social circles? You have the need to please, and all the associated beliefs. Stop bitterness, resentment, and anxiety from always saying yes. Stop People Pleasing is a frank look at people-pleasing tendencies - where they come from, how they manifest, and exactly what to do about them. Most importantly, the book emphasizes real, actionable tactics to change your relationship with yourself and others. This book was written by a recovering people-pleaser, so you can be sure that there is a real understanding of your struggles. Reprogram your beliefs and learn to accept yourself. Patrick King is an internationally bestselling author and social skills coach. His writing draws from a variety of sources, from scientific research, academic experience, coaching, and real life experience. Find your voice, stand up for yourself, and put yourself first. "The psychological and often traumatic origins of people-pleasing tendencies. "The harmful beliefs you subconsciously possess and how to alter them. "How to learn new, empowering habits. Learn the deep origins of your need to please, and how to set healthy boundaries. "How to set boundaries, and avoid porous ones. "A plethora of strategies to say no and make your thoughts known. "Understand your guilt and get better with confrontation.

Two people get knocked down. One rises to the challenge, while the other one stays down for

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good. How will you live your life? Can you plan your life to avoid the inevitable obstacles and hardships? No, because if you get past the first obstacle, the second or the third will take you down. Life is tough, which means you should get a helmet. Welcome to your life helmet. Train yourself to prepare for the worst while expecting the best. Mental Toughness & Iron Will is a guidebook into becoming someone who stops at nothing to achieve their goals. What is mental toughness? It is a mindset and state of being - it comes from deep habits, skills, and thought patterns. You'll learn all of those, and also how to put them into immediate action. This book is the rocket boost to get you to invincibility. Learn to build bulletproof mental armor. Patrick King is an internationally bestselling author and social skills coach. His writing draws of a variety of sources, from scientific research, academic experience, coaching, and real life experience. He's well-versed in mental toughness and how it is one of the keys to getting ahead in life. Mental toughness techniques used by top 1% performers. The importance and biological imperative of mental toughness. How to face failure and fear head-on. Emotional thinking and how to bypass it. Overcome your emotions and rely on your iron will. How we distort our realities and self-sabotage - and how to stop it. Building the skill and habit of mental toughness and resilience. Characteristics of the mentally weak and lacking. Become relentless, persistent, and unstoppable in achieving your goals.

Does public speaking paralyze you and tie your stomach into knots? Want to get a standing ovation every time? What goes into a dazzling opening and closing? Does the prospect of facing embarrassing judgment make your palms sweat? Or do you want to learn how to absolutely own the stage and become a magnetic speaker? Public speaking and presenting is

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one of the most common phobias -- and it's completely understandable. When else in our lives are we so open and vulnerable? But it's a necessary evil in all aspects of our lives, whether professionally and personally. From making a presentation in the boardroom to being more confident with the opposite sex, your speaking skills will take you to the next level and get what exactly what you want in your life. Fearless Public Speaking is the rare book that will (1) help you destroy your anxiety so you can confidently take any stage, and (2) once you're up there, be unforgettable and captivating as a speaker. The tenets in this book come from studying the experiences of the best presenters in the world, from CEOs, standup comics, to actors, and more. Jason Bax, noted actor, speaker, and entrepreneur, lends his thoughts in a guest chapter. And me? I'm a social skills and charisma coach, speaker, and semi-professional musician who thrives in front of the crowd... but I wasn't always like this - I know your struggles and I can help you from point A to point B! How will you learn to captivate audiences? □Why knowing where your audience gets their news is key to your memorability. □How to construct a bulletproof opening and closing. □How to make sure you reach any audience emotionally. □Overcoming stage fright and jitters with mental rehearsal techniques. As well as... □What rehearsed spontaneity is and how it makes your audience connect. □Stage presence techniques of the masters of performance like Freddie Mercury. □How standup comics own the stage and win over hostile crowds. □What a memory palace is and how it will help you memorize your speech. Put the audience in the palm of your hand, starting now! □Feel confident and empowered in taking the stage anywhere, anytime. □Speak your way to better jobs and relationships with each mini-presentation. □Build a reputation as an effective and engaging speaker. □Learn to overcome judgment and build self-confidence. □Own the room,

Read Online Fearless Social Confidence Strategies To Conquer Insecurity Eliminate Anxiety And Handle Any Sition How To Live audience, and applause.

Stop making decisions based on fear of failure, rejection, anxiety, and judgment. Break out of your shell and live boldly. All the goals you have, all the people you are jealous of, and the life you want to live are unlocked by one simple key: Bulletproof Confidence. Everybody wants it, but how do you get it? Not just "fake it 'til you make it" or "just smile more." Bulletproof Confidence is filled with real, actionable advice for your life TODAY. It's not generic, borderline useless advice you can read in any blog post online. This book will take you on a deep dive into the depth of confidence, self-perception, and the psychology of confidence - understand yourself so you can break through your mental barriers. Everything from psychology, biology, and even cognitive behavioral therapy is referenced in giving you the tools to feel more invincible on a daily basis. Finally feel comfortable in your own skin. Patrick King is an internationally bestselling author and sought-after social skills coach and trainer. He was also one of the plumpiest children you've ever seen, and understands the pains and processes of confidence like few others. This book was written by someone who knows exactly what you're facing and how you're hurting. In addition, a companion workbook is here for your disposal. Quiet the voice in your head and live how you want to. -Learn the subconscious triggers that make you fearful and what to do about them. -Smash imposter syndrome, analysis paralysis, and perfectionism. -The life-changing magic of taking action. -How to change your self-perception and feedback loops. Become bolder, more fearless, and good enough. -How to prepare yourself for any obstacle. -Mindsets for success and mindsets to avoid. -How cognitive behavioral therapy can help you. -Why to embrace the zone of "mere discomfort." Stop

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thinking about the "what ifs" in your life. Because confidence will turn them all into inevitabilities. Your goals, your social circle, your relationships, your career, and your life - confidence is the key. Confidence creates the life you want and lets you smash through goals, while making sure you never feel invisible, waste your potential, or feel paralyzed from anxiety.

You can be FEARLESS. Fearless helps you find the confidence to be your true self. With vibrant colour illustrations throughout, Fearless shows that by breaking free from labels and stereotypes, together we can build a generation who are healthy, happy and can truly realize their full potential. Fearless explores how stereotypes influence everything - from how you feel about your body, to your interests and career aspirations. Includes: interviews with and quotes from inspirational people who defy stereotypes, such as female politicians and male dancers games and activities to get you thinking outside the box. Written by Liam Hackett - founder of global anti-bullying charity, Ditch the Label.

If you want to rapidly boost your self-esteem and tap into limitless confidence, then keep reading...Do you feel trapped by your low-esteem? Would you like to finally uncage your self-confidence? Are you worried that your current mindset is holding you back from being successful?The truth is, self-esteem issues are more common in men than you think.And if you've ever felt frustrated, angry or embarrassed by your lack of confidence, it's not your fault!But you do need to change the way you way you approach life.The solution is to transform your mindset. And that's exactly what you'll learn in "Self Esteem For Men".Here's what you'll learn:3 Powerful Habits For Rapidly Building Self-EsteemThe Real Secret Of Unstoppable Self

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Confidence (That Nobody Has Told You Yet)How To Avoid The Brutal Mistakes That Are Crushing Your Self-WorthThe 6 Strange Signs Of Self Doubt That Are Easy To MissWhat You Need To Do To Never Let Your Self-Esteem Plummet AgainHow To Quickly Restore Your Self-Love (Even If You've Tried Everything)Look: What would you try if you knew you couldn't fail?No matter how old you are, your current situation or where you are in life right now, it's never too late to develop your self-esteem.So even if you feel trapped, lost or hopeless, this book is for you...You deserve unwavering self-confidence. And all it takes is a breakthrough.You have the opportunity to transform your life right now, but only if you take action.So if you're ready to quickly boost your self-esteem and tap into your limitless potential, then scroll up and click the "buy now" button

Picking up where Quiet ended, How to Be Yourself is the best book you'll ever read about how to conquer social anxiety. "This book is also a groundbreaking road map to finally being your true, authentic self." "Susan Cain, New York Times, USA Today and nationally bestselling author of Quiet Up to 40% of people consider themselves shy. You might say you're introverted or awkward, or that you're fine around friends but just can't speak up in a meeting or at a party. Maybe you're usually confident but have recently moved or started a new job, only to feel isolated and unsure. If you get nervous in social situations—meeting your partner's friends, public speaking, standing awkwardly in the elevator with your boss—you've probably been told, "Just be yourself!" But that's easier said than done—especially if you're prone to social anxiety. Weaving together cutting-edge science, concrete tips, and the compelling stories of real people who have risen above their social anxiety, Dr. Ellen Hendriksen proposes

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And So Finally a groundbreaking idea: you already have everything you need to succeed in any unfamiliar social situation. As someone who lives with social anxiety, Dr. Hendriksen has devoted her career to helping her clients overcome the same obstacles she has. With familiarity, humor, and authority, Dr. Hendriksen takes the reader through the roots of social anxiety and why it endures, how we can rewire our brains through our behavior, and—at long last—exactly how to quiet your Inner Critic, the pesky voice that whispers, "Everyone will judge you." Using her techniques to develop confidence, think through the buzz of anxiety, and feel comfortable in any situation, you can finally be your true, authentic self.

Stand your ground without guilt, fear, or awkward tension. Finally get what you deserve and stop "letting it slide". Who is making your daily choices for you? Is it you? Make sure you possess the everyday assertiveness to get what you want and resist the pressure to reject what you don't want. You've put yourself last your entire life. It's time for that to change. Stop enabling, sacrificing your needs, people pleasing, and being so "agreeable." The Art of Everyday Assertiveness is a guide for the chronically "nice," "overwhelmed," and "accommodating". It is a deep psychological dive into the beliefs that makes us lack assertiveness, and how to systematically combat and replace compulsions with healthy mindsets. This is a book that stands apart from others because of the plethora of real life examples and solutions. If your problem is assertiveness, you'll find the step by step answer in this book - included is an Assertiveness Action Plan unlike any other. Gain respect, set boundaries, and ask for what you really want. Patrick King is an internationally bestselling author and social skills coach. His writing draws of a variety of sources, from research,

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Academic experience, coaching, and real life experience. He's also a recovering people pleaser who knows exactly how it feels to feel unable to speak his mind. How to decisively say NO and reclaim your time and energy Stop putting others first and being taken advantage of. -A wide variety of ways to say no - without tension or awkwardness. -Beating the subconscious beliefs that make you a compliant doormat. -How to set healthy boundaries and protect yourself from others. -How to ask for exactly what you want, when you want it. -The instinct to over-apologize and how to fix it. Stop being a "helpaholic" and start treating yourself better. Assertiveness is the first step to creating the life you want - not the life someone else wants for you, or taking care of someone else's to-do list. You're not responsible for other people's happiness. But you are responsible for yours. What makes you happy? Do that. What makes you unhappy? Avoid that. If other people interfere with this simple credo, assertiveness is what will save the day.

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