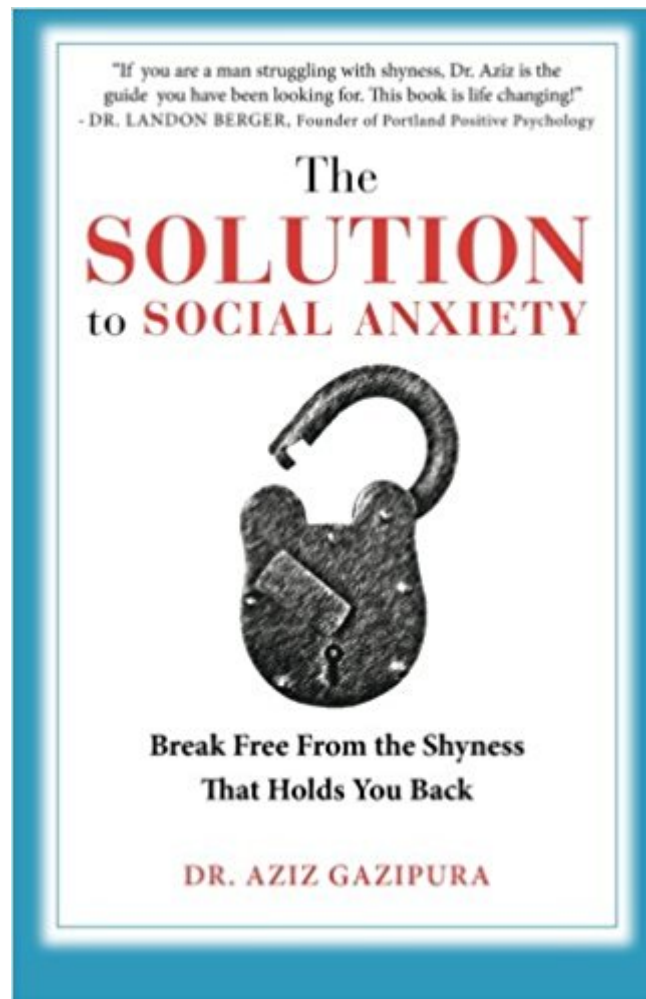


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# The Solution To Social Anxiety: Break Free From The Shyness That Holds You Back



## Synopsis

Discover How To Overcome Social Anxiety And Shyness Are you held back by shyness? Do many things seem out of reach due to social anxiety? Many people have settled into thinking this is just how life is... "This is just the way I am." However, nothing could be further from the truth. In this inspiring, breakthrough book, Dr. Aziz guides you along the path out of social anxiety and into greater confidence in yourself. You will discover what is keeping you stuck in shyness and learn exactly what to do in order to break free. After suffering from social anxiety himself for many years, Dr. Aziz became determined to find a way to social freedom. His deep understanding of what creates the social fears, shyness, and limitations, displays just how much he gets what it feels like to be shy. The first part of this book focuses on understanding the problem. You will discover exactly why you feel social anxiety in a variety of situations. This section teaches you about the deep underlying beliefs that lead to your fears, and you will learn the single belief that is beneath all shyness. In this section you will also understand why you have that continual fear of, "what will they think of me?" that can be so limiting in social anxiety. You will also learn about your inner critic, which is actually a much bigger drain on your confidence than any situation or person outside of yourself. The second portion of this book focuses entirely on the solution to social anxiety. Dr. Aziz starts by describing social confidence as the way out. Social confidence includes a feeling of relaxed freedom around others to be yourself without the self-criticism and judgment that are so common in shyness. You then go on to discover the 3 major steps of breaking free from shyness and social anxiety. These are: Know Who You Are, Accept Yourself, and All of Yourself. Take Bold Action. Step 1 - Know Who You Are In order to overcome social anxiety and feel confident and to relate to others with comfort and ease, you must know who you are. This includes owning your preferences, speaking your mind, and letting go of the need to please everyone else at the expense of yourself. Step 2 - Accept Yourself. All of Yourself. Most of the pain and suffering from shyness and social anxiety is not due to the rejection we receive from others. It's the rejection we receive from ourselves on a daily basis. You will discover how to turn your inner critic into an ally so you can feel more peace and joy in all of your interactions. Step 3 - Take Bold Action No matter how much we change our thinking and accept ourselves, nothing significant changes in our lives unless we take action. In order to truly liberate yourself and break free from shyness, social anxiety, and self-doubt, you must consistently move towards what scares you. In this section you will design your own customized action plan for creating social confidence and success. This book is by no means academic or aloof. It is full of practical tools and techniques that you can start using today to improve your confidence and free yourself of social anxiety and social discomfort. In addition, Dr. Aziz provides numerous engaging

stories from the work he has done with clients, and from his own life, to illustrate how to use the techniques to forge a path to freedom. He is refreshingly authentic and honest about what it feels like to be shy, which can provide you with a great sense of relief in itself. Using the tools, insights, and clinically proven techniques in this book, you will learn how to: Stop worrying about what others will think of you. Free yourself from social anxiety, shyness, self-doubt and self-criticism. Identify your strengths and increase your self-esteem so you can feel proud of who you are. Overcome your fear of rejection so you can meet people, date, and excel in your career. Start conversations and meet new people without social anxiety or fear. Create fulfilling friendships and romantic relationships.

## **Book Information**

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## **Customer Reviews**

I have read this book, and I have also been working directly with Aziz for several months. I recommend both experiences very strongly (although working with him directly is pretty expensive, so if you are tight on money, work with the book). I'm a middle-aged guy who has struggled with social anxiety my whole life. I sought out Aziz because I got a job offer that I knew was going to take me way outside my comfort zone, on a regular basis, and force me to take a lot of social initiative. I have tried talk therapy in the past, but found that I was just recounting and dwelling on my difficulties and failures. If anything, it made me feel worse. After several months of working with Aziz (personally and with the book), I am now making real progress, which I can see in successful efforts to connect with people. It's easy to explain where you need to go; getting there is of course the trick. Here's your problem, and mine: You think you are defective because you have a long history of bungled efforts to connect with people. Deep down, you think something is wrong with you. You go

into your interactions with people with that mindset. And that's why you fail so often, which then reinforces your conclusions about yourself. You need to stop that. You have to understand that an ability to connect with people is just a skill, like any other. You weren't born with a natural gift for it, as some people are--otherwise you wouldn't be reading this. But that doesn't mean you can't develop the skill. You can. And once you come to feel that you just have an underdeveloped skill that you need to work on--rather than some deep personal flaw--you can start creating new patterns in your life.

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