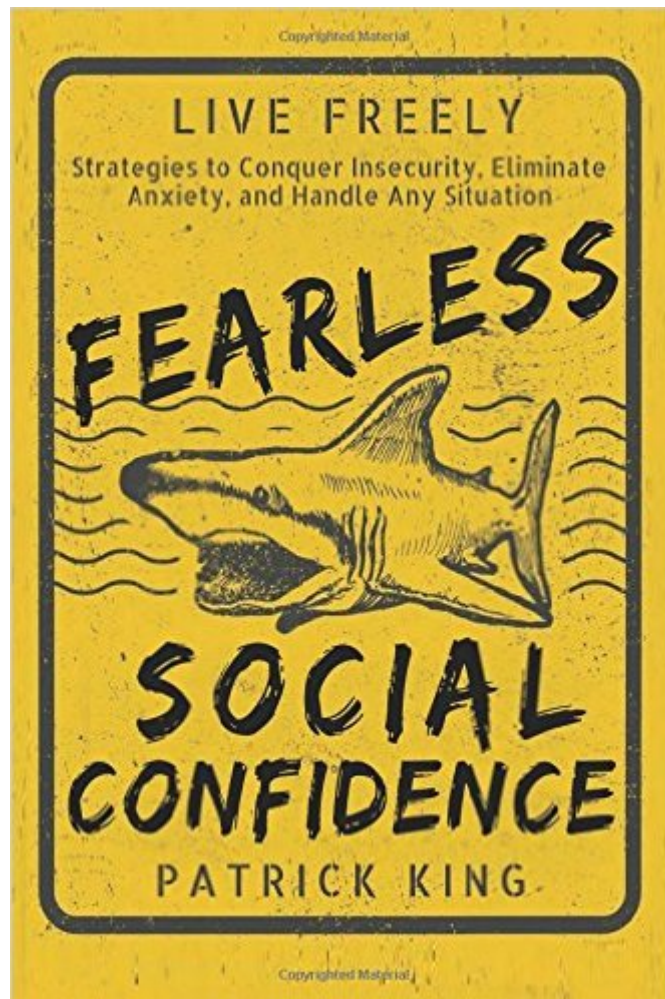


The book was found

Fearless Social Confidence: Strategies To Conquer Insecurity, Eliminate Anxiety,



Synopsis

Do you freeze up and avoid people because it feels like they are judging and rejecting you? Is 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 â “ it gives you social invincibility and forever eliminates the feeling that youâ™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 â “ 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 âœWhat if they think Iâ™m stupid?â • again. Social confidence is the number one step to any sort of self-improvement. Why listen to me? Iâ™m a Social Skills and Conversation Coach and program designer and Iâ™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 youâ™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 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!

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Customer Reviews

For real tips and techniques to increase your social confidence and confidence in general, look no further than this book by Patrick King. I have enjoyed his books immensely. He is quite prolific in his writing, but that is a good thing for us because they are always high quality. What really struck me was the chapter about accepting yourself--how comparisons were always made between your worst moments and other people's best, triumphant moments. Talk about not being able to win.

Here is the thing about this book. It doesn't replace a therapist, of course. But that should be obvious because a therapist, well, that's hours of talking and face time to get to a breakthrough and diagnose your anxiety or simple lack of confidence. But here's what you will get in this dense book that I am giving five stars to. You get a handle on every essential aspect that is affected and touched by social confidence. The anxiety, the feelings of helplessness, and how to start approaching it when it feels terrifying to try to be confident and that feels like someone that you just aren't. He takes it slow and ramps it up so nothing is left out. Starting with the unconscious excuses we give ourselves that slowly devalue ourselves, to the toxic habits, to the more every day things like comparisons and judgments with others. Lots of prescribed action and exercises, along with a section on clinical social anxiety that actually quotes the DSM, which is a rarity for books like this. It's a very important concept to know what the clinical definition is for social anxiety, and what the bounds of normality are. Overall I highly recommend Fearless Social Confidence by Patrick King. It's one of the good ones out there, though it is fairly dense so you should read it slowly. It's worth it.

Insecurity and anxiety have been some big enemies of mine starting from when I was a lot younger and sometimes these things just aren't things that go away. 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!

Hands down my favorite part about this book was reading about the mystery people that were wildly successful after many, many more failures and defeats than I have ever had. It was very inspiring to know what is possible in this life. I will not spoil the others but Stephen King has an incredible story that I couldn't believe I did not know before.

Can always appreciate when a book is written in a thorough way, and actually shows a deep understanding of the topic. King has written on confidence before, and it makes sense that his grasp of social confidence is very deep because he teaches conversation and social skills. The best parts for me in this book were-banishing small talk-dealing with self acceptance-becoming assertive and how to do that-all the other negative habits that hurt social confidence-reading about the ripple effect of social confidence because that wasn't something I was aware of and I saw that it can be massive in how it affects your life.

I enjoyed this book a lot. I don't feel like I was lacking social confidence, but one can always improve. It showed me that while I'm perhaps above average in social confidence, there are still many ways I can try to always feel in my best shape social wise. There are many smart exercises that are directly helpful in every day situations. I recommend Fearless Social Confidence.

Just from reading the descriptions and the personal stories that the author has, its clear that he understands how it is on both sides of the fence. He knows how it is to be more confident, and he talks about how it was before he was able to grow his social confidence. This is an important perspective because most people just talk about confidence as a thing you fake until it happens. The author knows this can never be true and gives some real advice in dealing with it and growing. This is the best kind of book because I know what to do after reading it.

It was only after reading this book that I realized that some of the truly dumb things I did, stemmed from a lack of confidence. Awareness is a great place to start, the author has also provided a set of exercises to neutralize this. I have read one other book by this author. What I like is the simple, straight style that delivers information in a way that is easy to absorb.

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