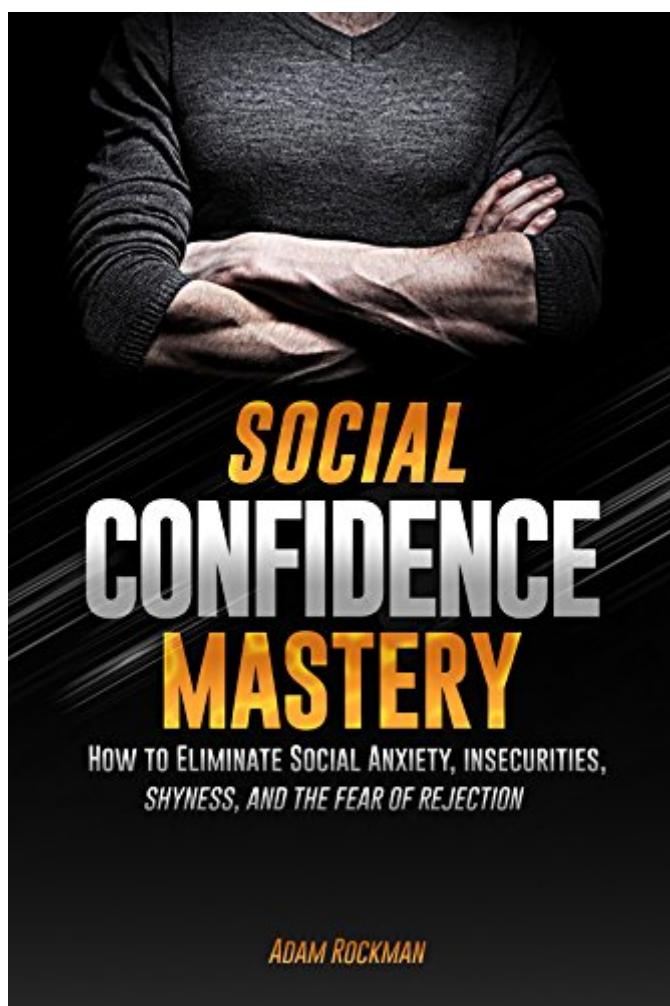


The book was found

Social Confidence Mastery: How To Eliminate Social Anxiety, Insecurities, Shyness, And The Fear Of Rejection



Synopsis

What will you do with your new confidence? Talk to attractive people you want to meet, get more dates, connect with high quality friends and no longer worry about rejection! This is a proven guide for overcoming crippling social anxiety and building the life you desire. Would you like to Stop worrying about rejection?, Learn how to enjoy conversations?, Fix poor body language habits? And Fix the negative feelings constantly holding you back from expressing yourself? If yes, then you MUST read Social Confidence Mastery. It integrates concepts and strategies from Cognitive Behavioral Therapy, Body language and social skills, methods of reconnecting with true happiness, self-acceptance, mindfulness, and a diverse selection of social anxiety conquering tasks. This book combines outer technique (body language and social skills) with inner strength (happiness & authenticity) You don't need to chase happiness and confidence. Chasing it only reinforces the negative belief that you lack it! This book will teach you to reconnect with your inner confidence and express it authentically. You can finally turn down the volume of that annoying, negative voice of self-doubt. The voice that tells you, "Don't talk to her! She might not like you!" • This is the voice of your own insecurities reinforcing your lack of self-worth. These negative thoughts are a manifestation of suppressed trauma and perceived rejection. Social Confidence Mastery teaches you how to handle suppressed feelings and habits of social avoidance. Every time you avoid talking to someone it reinforces your fear. Can you imagine how scared people are after avoiding thousands of interactions? Of course you can if that's the life you've been living! Learn how to embrace all social situations rather than shy away from them. Start building a new habit of communicating authentically with everyone instead of shying away from imagined consequences. If you have always wanted more success in dating, all relationships, business and everything you do then this is the book for you. Social Confidence Mastery: How to Eliminate Social Anxiety, Insecurities, Shyness, and the fear of rejection prepares you mentally for the challenge of accepting yourself as you really are without the need to impress anyone. Inside you will learn: Confident Body Language, Confident Speaking Skills, How to Be Assertive, How to Quickly Enter a Confident State Without Alcohol, How To Overcome Rejection, How to Change Bad Habits, How to Be Happy, How to Overcome Social Anxiety, How to Calm Fearful Feelings, How to Get Out of Your Comfort Zone, Social Confidence For dating, Social Confidence for all situations, How to Build Positive beliefs, And Much More! This program has already successfully helped many people improve their life and it can help you too! See what others are saying: "Social Confidence Mastery totally blew my mind! How come we don't learn this stuff in school? I had a traumatic childhood that left me socially anxious all the time. I was afraid to leave the house but with the help of this book and support of a good friend I

managed to finally start socializing with new people confidently." -Ken Phillips "I was scared to talk to women before. I always felt I'm not good enough and needed to impress them to have any chance. Now I realize this fear was from my own belief that I don't deserve their attention. This book has completely changed my life. I am now much more comfortable talking to women and get a lot more dates with good looking girls." - Aaron Cleary click the BUY NOW button at the top to start Social Confidence Mastery TODAY!

Book Information

File Size: 1621 KB

Print Length: 304 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 27, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B06XWTHS8W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #62,678 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Movements > Cognitive Behavioral Therapy #12 in Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #22 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Experimental Psychology

Customer Reviews

Deep down most of us are struggling with a lack of confidence, and this book provides a practical strategy for improving it. I've already started incorporating the meditation recommendation into my morning routine, and I plan on starting the 10-Day Self Confidence Plan tomorrow. I think the self-talk, and questioning exercises throughout this book will prove extremely useful for anyone struggling with anxiety. As though I don't myself, it seems anyone dealing with it would benefit from the author's comforting and encouraging voice. Also worth mentioning is that the book is very well

written. And so far, one of the most practical, information-packed self-help books I've read to date.

Love this book! It's a must read for anyone suffering from social nervousness. It starts with a heart warming story of Zach which personalises the points the author makes and provides a great introduction. this book is humourously written with honesty and wisdom. The author lists the key points to help to refer back to them and retain them as well as interesting and powerful analogies to reinforce his ideas. The author introduces meditation which, in my opinion, is a great tool for healing and transforming ourselves. He describes the process of learning to meditate well which is encouraging for newcomers to the discipline. This gem of a book includes heaps of tips and advice to raise your confidence or at least, look like you're confident (Fake it til you make it!) the author even helps the reader analyse where they went wrong after a bad social experience which is great! The author continues with explaining how self acceptance is the real key to happiness and how to go about achieving it. With relevant quotes from Dr David Hawkins and others, this book is a must read for all socially awkward people. Although aimed at men (probably from the personal experience of the author) this book is totally relevant and useful for both sexes. I can highly recommend it.

This is a great book on Social Confidence Mastery. All of the things, tips and guides that I need to know about how to eliminate social anxiety, insecurities, shyness, and the fear of rejection are already included and well written inside. Adam Rockman has done an incredible awesome job in compiling and creating this book. Also the unique part of this book is the compilations of the "How to Overcome Social Anxiety & How to Get Out of Your Comfort Zone". Very informative, useful and well explained. This book is really a great resource for those who want to learn more about Social Confidence Mastery.

I remember that sometimes while walking down the street, if I would notice a person I knew on the same side, I would urgently cross to the other side of the street so I wouldn't run into them, because just the thought of having to talk with them made me feel nervous. I had been suffering social anxiety & lack of confidence problem since last three months. By seeing & hearing my problem, elder uncle who lives in LA had highly recommended this book and exactly for that why I didn't face any hesitation to pick & read this book. Fearing social situations is referred to as social anxiety and may include fears about social interactions, performance, and being observed. But social anxiety, or social phobia, is more than just shyness or occasional nerves. Inside here I got various effective methods, helpful guides, tips and lessons for curing any types of social fear,

anxiety and shyness. It taught me about how to gain or overcome self-confidence right away & build a peaceful life. Guys, it is true that approximately 12.1% of people suffer from significant social anxiety at some point in their lives but no matter how painfully shy may be and no matter how bad the butterflies, we can learn to be comfortable in social situations and reclaim our lives.

Don't miss your chance to read this awesome book.

Social anxiety has prevented me from taking part in life since I was a kid and I think this is one of the few resources that have helped me at least a little, hopefully in the long term my results will continue. Social Confidence Mastery is by far one of the most helpful books on rediscovering my own confidence. What I really like is that it talks about both facing your fears by taking action and also looking inside yourself and accepting everything you find. It balances theory with action. I've realized that every time I avoid socializing it just makes the imagined pain of talking to people stronger. My behavior convinces me that people won't like me. But if I invest in the opposite behavior I can slowly start to build the opposite belief. There is much more to it than that though and you should really read the book if you want to know what. If you follow the advice in here I think you'll see great results. At least I have.

I'm sure most of this advice is helpful to some people and I'm a really open minded person. I'm more than willing to try the rejection therapy and risk embarrassing myself to build the belief that it's ok to ask strangers for a bite of their doughnut. What's the worst that could happen? They'll just say no. And then I go move on with my life. I don't need to worry that someone didn't want to give me something I asked for. Now, a bite of a stranger's doughnut doesn't matter. It's being rejected for something I actually want that really hurts. Like a job promotion or a date. Both of which I'm having trouble getting lately. So facing fears for some things will be more challenging to others. I'm happy this author gets that and points it out instead of pretending rejection therapy tasks you don't even care about could ever help you build real confidence. I've never seen anyone mention that before. Some of these ideas are great and really impressed me because this author knows what he's talking about. However, I don't really like meditation. Just seems like a waste of time to me. If you like it though, then go for it.

[Download to continue reading...](#)

Social Confidence Mastery: How to Eliminate Social Anxiety, Insecurities, Shyness, And The Fear of Rejection Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence

and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) Rejection Proof: How I Beat Fear and Became Invincible Through 100 Days of Rejection Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Social Anxiety: Overcome Social Anxiety & Shyness Forever Depression: Stop Dying & Start Living: Social Anxiety, Insecurities, Fear, & Depression Cure The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life (New Harbinger Self-Help Workbook) Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming your Fear CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) The Solution To Social Anxiety Expanded Business Edition: Break Free From The Shyness That Holds You Back The Solution to Social Anxiety: Break Free from the Shyness That Holds You Back Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence Tony Robbins: 33 Life Mastery Lessons (Free "Morning Routine") (Motivate Yourself, Peak Performance, Build Confidence, Business Mastery, Success Principles, Life Coach, Mindset)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help