



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

Aziz Gazipura

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The Solution To Social Anxiety: Break Free From The Shyness That Holds You Back Aziz Gazipura 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. *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.

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

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Sudeshna Bora says

The best part of this book is the writer and his insights. The book settles into a soothing calm pace which relaxes your mind and is overall a very enjoyable and eye opening read. The only constant problem I had with this book was his continuous example from the world of dating and relationship. It becomes very myopic at times and gets difficult to connect if you are from the opposite gender. It required a lot of patience for me to overcome this hurdle and learn to generalize it .

The reason I have given this book a 3 star is because of this obsession with one particular life scenario and also I have just finished reading it and would need sometime to realize if it has really impacted my life.

Jennifer (Sad Books Say So Much) says

I vividly recall the very first time I feared rejection. I was 12 years, and beginning Grade 7 at what I had been told was an "exclusive" (read - ridiculously expensive) private girls' school. I walked into a new school, entered a new classroom, and FROZE. I had never had trouble making friends before, but here were all these girls, clustered in groups, excitedly sharing the details of their summers. It turned out that the school had an elementary wing, and most girls had known each other since kindergarten.

Help!!! How am I ever going to fit in??? What can I do to get noticed without appearing pushy and obnoxious?

So I DIDN'T fit in. I made no effort to connect, and neither did they. And I went on to spend three miserable years hating everything and everybody, until some kind soul at an organization of which I was a member reported to my parents that I was crashing and burning. At my new school, I immediately thrived, and lack of confidence was never again an issue.

Except...I was lying to myself. I have feared rejection ever since, and constantly avoided social situations to shelter myself from discomfort and disapproval. It took this book to make me realize I was doing it because I wasn't as comfortable in my own skin as I thought I was.

Dr. Gazipura, thank you for opening my eyes to how much more I can be and do if I face my fears and stride boldly into a brave new world. The small victories I have already celebrated since starting your book two short months ago were beyond my reach until I was ready to try for something better. As Nike's ubiquitous slogan points out, we can all improve our lives if we "just do it".

Rajiv says

Dr. Aziz is a true expert on the subject of gaining confidence and overcoming social anxiety. The book is divided into two parts: Problem and solution. Each part is further divided into 4 chapters. The problem part does the work of digging deeper within us to identify and getting aware of core issues and why it's affecting us, then the solution is explained by different methods to achieve. The book has some simple and yet important exercises, and it did help me gain some insights and awareness of my fears. I highly recommend.

Esteban Martinez says

Genuinely good advice.

Ines IBRAHIM says

Oh my God! what a read!!

So this book is written by a psychologist who had / has social anxiety who tries with so much gentleness to get the reader out of the prison he had built around himself.

This book is for anyone whose shyness is holding him back from living the life that anyone deserves. It's for anyone who feel not good enough, not intelligent enough, boring, uninteresting ... who puts too much importance of what people may or may not think of him. I know because I am that person and this book helped and is helping me a lot.

What I appreciated the most is that I felt finally understood, and not alone. It was like the writer knew exactly what I felt in a given situation. I also loved that he didn't push. Most people always tell me "Just don't pay attention to what people think" or "You don't have friends, you should go to parties and meet new people" like it's the easiest thing to do in the world. and I always want to scream : But you don't understand! you don't get it. But Dr Aziz gets it. and he takes you slowly but surely through a journey of knowing yourself, facing your fears and understanding them.

And if you don't have social anxiety but you know people who do, it could be a way to know their deepest fears and thoughts, how they feel about their surroundings, what make them close off, and then you can help them see their true potential.

Lujain Alloosh says

It feels like my biggest opportunity for change has arrived

This book comes from a practicing therapist who had experienced social anxiety and helped others get better. In the first part, he explains the reasons behind this issue. In the second, you will be given the means to overcome social anxiety, techniques and exercises that will help you know yourself, accept yourself, and take bold action.

Waris Ahmad Faizi says

Terrific!!!

It is one of the most effective books in terms of social confidence and overcoming social anxiety.

Dr. Aziz Gazipura did really a great job. Anyone who read this book will feel himself being engaged with the contents of the book moment to moment.

I highly recommend this book to anyone who is suffering from social anxiety and shyness.

Nick says

Absolutely stellar from start to finish. This book bursts with empathy and clear action steps to make you a better person. I especially liked the ideas of (1) taking bold action in your life in order to change and (2) being willing to feel fear when you encounter different situations. Only by stepping into the fear can you get used to how it feels and ultimately even start to enjoy the situations where the fear happens.

I don't consider myself a "shy" person, as my job requires me to talk to random people all day long. But the tightness in my chest when I'm about to go to a party or cocktail hour where I may not know many people? I know that feeling very well. This book helped me understand there's nothing wrong with me and that, with practice and the right mindset, I can better enjoy my life and connect with others.

Audiobook fans: I think Gazipura could moonlight as a professional narrator. His calm voice made me feel like he truly cared about helping me. This was easily one of my favorite audiobooks I've ever read.

Sergio says

Sound advice on harmful thinking patterns we usually have and a powerful encouragement to live without the masks we spend so much time building around ourself.

Wael Mansour says

Theoretically not bad idea, gave me another prospective of how to think about my inner critic and made me willing for more social adventure and not be afraid of the consequences (I.e. rejections), next step is start applying these techniques and see the results

Kaitlin Hillerich says

I wish I could give this 100 stars. If you have social anxiety you NEED this book. Life. Changing.

Amal Bedhyefi says

Aziz's approach in understanding the root of social anxiety before going about trying to change it is what made me this book among my absolute favourites for it definitely made me re-evaluate a lot of things in my life.

Highly educational , helpful and insightful.

Read it guys.

Zaina. says

This book has helped me so much. I recommend buying this book without a second thought. Dr Aziz has perfectly divided this book into two parts: the problem and the solution. Figuring out the root problem is an element most people dismiss as "unimportant", but in order to solution to an ailment, you have to understand the cause of its existence. Sure, genetics play a huge part, but social anxiety is mainly a sociological reaction to having suppressed pained feelings of unworthiness and a fear of rejection. That must be understood in order to start the process of fighting back the thoughts that persist in your mind and conclude your suppressed pain that lead to your anxiety. He also has summarized the solution into three essential steps, which was really helpful. He really improved my anxiety a lot and I feel much better than I did when I first got this book 7 months ago.

Troy Gregory says

I originally picked this book up on sale because I thought it might be helpful for a couple of my children who are on the shy side. I wanted to read it before recommending it. I started life as a shy person and, while I've conquered a good bit of it, I can clearly remember my struggles. If I'm honest, I still struggle to "put myself out there" in certain situations. The central premise of the book is to help guys meet girls romantically, which is not something I want to pursue. However, I still got some helpful tips out it for coping with my shyness at a professional level. In the end, I don't think my kids are ready to synthesize the lessons from the central premise. I think the book could be more powerful if it were written more generally around social anxiety - as the title suggests. Worth the read, but could be better.

Winter Arcane says

While I didn't find the first half of this book particularly applicable to my own challenges with social anxiety, as it focused a lot on addressing self-esteem issues that I don't really have (usually). However, I could recognize that it was good advice for those whose social anxiety is rooted heavily in self-criticism.

The second half was much more interesting and helpful for me, as it addressed ways of confronting social anxiety and much of it could be applied regardless of the root cause of the social anxiety.

I listened to this in audiobook form, narrated by the author. He did an excellent job presenting the material in a way that was enjoyable to listen to and easy to digest. The author comes across and friendly and good humored, more like a friend talking than a stuff academic. I would definitely recommend this audiobook to anyone who experiences social anxiety and especially to those whose social anxiety is largely influence by an aggressively hostile inner critic.
