



Social Anxiety: 26 Ways To Overcome Your Shyness & Become More Confident

Randy Young

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From the *Best Selling* Self-Help Author, *Randy Young*, comes *Social Anxiety: 26 Ways To Overcome Your Shyness & Become More Confident*. This book will improve your life, bring you more joy, and help you break your shyness.

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If you want to improve your life
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If You Successfully Implement These Tips, You Will:

- Become more active in social activities
- Have more happiness and joy in your life
- Have more confidence and a higher self esteem

Tags: social anxiety, anxiety self help, social skills, self help, personality, anxiety management, anxiety disorder

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