



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

*Randy Young*

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

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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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