



**Social Anxiety and Shyness: How to Overcome  
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Book 1)**

*Jason Butler*

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How healthily do you socialize?

Do you have social apprehensions whenever a social gathering invite flies from under your door?

Have you ever felt socially traumatized because of some unfortunate experience in a social meeting?

If the answers to all the questions are along the lines of a 'yes', you have come to the right place.

This eBook is aimed at addressing the issue of social anxiety, lay down its common causes, show you ways how to tackle it, and illustrate various aspects of it. I want to thank you for downloading this eBook and hope you enjoy reading it.

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