



How I Overcame Social Anxiety: An Introvert's Guide to Recovering From Social Anxiety, Self-Doubt and Low Self-Esteem

By Tobias J. Atkins

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Do you get nervous in public and don't know why? Do you find it hard to relax and be yourself around people? Do you constantly worry what everyone thinks of you? Are you tired of always feeling inferior and 'less than' others? Wish you could turn off that critical voice inside your head? Perhaps you feel you were 'born that way' and things will never change?

This book documents my 15 year struggle with social anxiety; the contributing factors and the exact steps I took to find my healing. In these pages, you'll discover:

- The real causes behind your social anxiety & shyness (it's not what you think)
- The exact steps I took to overcome social anxiety (and how you can too!)
- How to stop fearing the opinions and judgments of others
- How to let go of perfectionism and always putting yourself down
- What I learned from spending over \$35,000 on alternative therapies
- Techniques to release anxiety and self-consciousness in minutes, not years

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Editorial Review

About the Author

My life has been full of ups and downs. I am a living proof that you can overcome your biggest fears and achieve anything you want in life as long as you just have the courage to take the first step and not give up. I spent most of my teens and twenties depressed, lonely and on strong antidepressants. By age 27, I had given up on ever overcoming my social anxiety & shyness.

Jesse Krieger was born and raised in San Francisco but spends three to four months a year traveling the world. Whether it's climbing volcanoes with friends in the Mediterranean or consulting with clients from Malaysia to Manhattan, Jesse views the world as both a playground and a potential addressable market.

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