



# No More Social Anxiety: The Guide To Overcoming Shyness and Social Phobia

*Neil Spencer*

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## **No More Social Anxiety: The Guide To Overcoming Shyness and Social Phobia** Neil Spencer

From Neil Spencer the creator of [www.socialshynessand anxiety.com](http://www.socialshynessand anxiety.com) No More Social Anxiety: The Guide To Overcoming Shyness and Social Phobia No filler. No memorization. No nonsense. Are you suffering from anxiety even in the most harmless of social situations? Are you tired of people telling you that you look nervous or angry? Or asking you why you're so quiet? Do you ever feel far away from other people even when you're standing right next to them? Most books about social anxiety and shyness either tell you to "just be confident" or drone on about scientific studies in difficult to read language. There hasn't been an effective book written with the aim of helping sufferers of social anxiety and shyness with practical advice in plain english. No More Social Anxiety is finally that book. It is the first book written by someone who has overcome social anxiety himself. This book isn't written by scientists more interested in dispensing jargon than in providing you with practical tools to help improve your life. This is written by someone who was where you are and who can show you how to overcome your social anxiety and build the life that you've always wanted. This book comes with only one promise: that if you follow Neil's directions inside TO THE LETTER you will get the same results that Neil did. These strategies worked for Neil and the many he has helped overcome social anxiety. And they will work for you as well. But only if you follow them carefully. By reading NO MORE SOCIAL ANXIETY you will learn: \* What exactly is social anxiety? \* What are the biological and evolutionary causes of social anxiety? \* The ONLY effective strategy for overcoming social anxiety permanently \* Seven common sabotaging anti-shyness strategies you MUST AVOID

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