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The **SOLUTION** to **SOCIAL ANXIETY**



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That Holds You Back**

DR. AZIZ GAZIPURA

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Gazipura, Dr Aziz Gazipura PsyD, 2016-05-10 Confidence is the doorway to success in all areas of life Whether you want to excel in your career triple your income create an amazing relationship or just feel happy and satisfied with who you are self confidence is essential In this inspiring and liberating book Dr Aziz slices through each obstacle on the path towards ever increasing confidence Through stories activities humor and the world s most powerful tools you will discover how to Eliminate self doubt and negative thinking Master five ways to overcome fear Discover how confidence leads to greater wealth and prosperity Boost your social power so you can confidently talk with anyone Enjoy more love in all your

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