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Fearless social confidence is a book that helps deal with it in a realistic way, particularly the chapters on treatment and clinical diagnosis, which was great how he differentiated between normal feelings and diagnosable feelings. It was comforting to know that nothing is wrong with me at all, I can improve and get better social confidence!

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5 Strategies To Build Unshakable Self-Confidence

Fearless Social Confidence gives you more than victory over shyness - it gives you social invincibility and forever eliminates the feeling that you're just not good enough. Feel comfortable anywhere and with anyone. Fearless Social Confidence is a unique book that takes a deeper look into social confidence: what causes it, what drains it, and most importantly - what you can do about it in any situation.

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