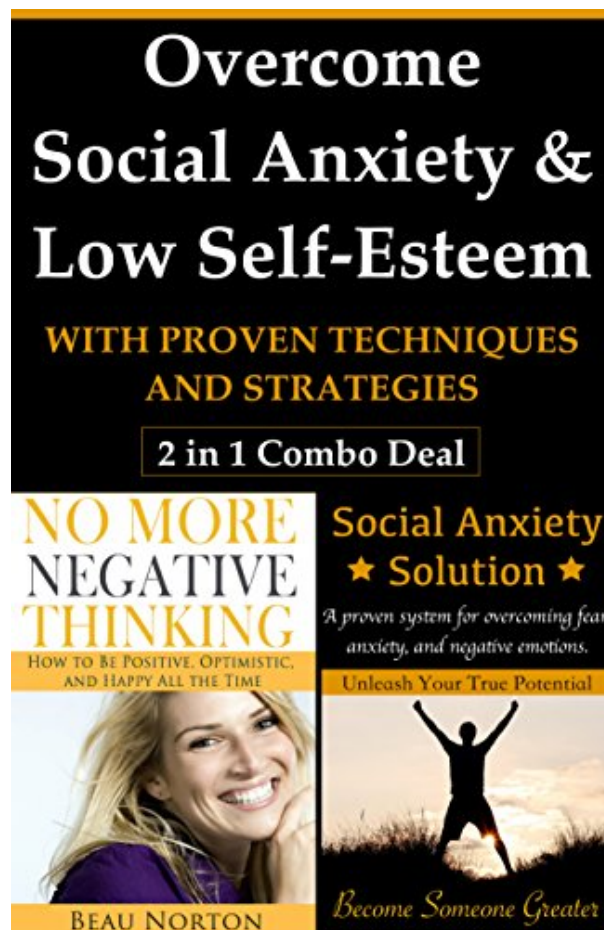


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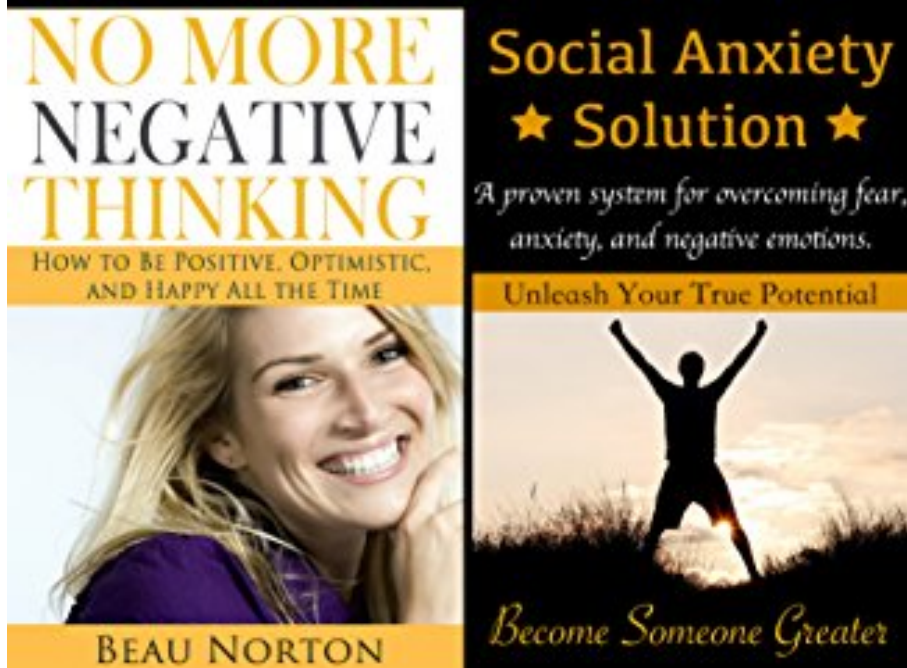
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You are worth it!

By Nicole

Social anxiety is usually grounded in negative thinking so this is a great combination. If you can't get yourself to stop thinking negatively about yourself in an effort to be more comfortable around others, then this combination is for you.

No More Negative Thinking: This was a wonderful read, great for anyone who is down in the dumps or having trouble finding the silver lining. This book teaches you how to use various techniques to train your brain to find positivity through mindset development. It teaches you to use a combination of affirmations (also has a link to a free affirmations audio) with other various techniques including visualizations, health and relationships. Best quote: "Thoughts lead to actions; actions lead to habits; habits create character; character creates destiny." Fitting!

Social Anxiety Solution: In this book Norton first delves in to his personal experience with social anxiety before giving readers some great ways to improve their own experiences in social situations. Like anything, much of an experience is based on the attitude and perception of the person experiencing it. Norton teaches readers how to modify their viewpoints to have better outcomes through various ways to create positivity, visualization, bioenergetics, and setting up a healthful environment.

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I enjoyed reading these two books and feel wings on my back now to move forward to my happy future =)

By Jess Lee

I can say that I really like these books and this Author. I have already read one of his books before. His books are so positive and on the point, when you read you believe that everything is possible in our life, you can do what you dream. This two books have many recommendations and exercises. I wrote down many things to my note book. I do recommend to read these books!!! Thank you Beau Norton!

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This book help you in more areas than self-esteem!!

By Bill Dahss

This book help you in more areas than self-esteem!!

I like the way that the author write his techniques and tips for achieve his goals!! Thanks to this book I understand that self-esteem is a result of your focus!!

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