

Social Confidence

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2026-06

Synopsis

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inLanguage	english

Not just usable in social gatherings and with friends, social skills are useful at work and many other situations throughout our lifetime. The ability to relate to and be with other human beings is considered one of the cornerstones of our civilization. People have built empires, networks, bridges, and relationships because of this skill. Unfortunately, this is a skill that some people are not familiar with. There are people that struggle to bond with others not because it's a disability, but because of certain factors affecting confidence, comfort, as well as intellect. You could be one of these people that struggle to make friends or to get along with the people at the office. You may be holding yourself back from success or more satisfying relationships with the people around you because of the lack of social confidence. Luckily, social confidence is a skill and not a talent. That means it's a learnable action that can be mastered by almost anyone, regardless of their age and nationality. This book is designed for just that purpose. From a wallflower at parties, you're going to become the life of the party. That yearning you have for making friends and getting along with people will become something as easy as breathing for you. This book breaks down social confidence into several areas on which you can focus. Some areas you may already know. Feel free to zero in on the area that relates to your frustrations. If you completely feel lost in socializing with other people, then it's advised that you listen to this book from start to finish.

Reader's comments

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