

The Mindset To Beat the Shyness - Sample Version

Table of Contents

CHAPTER 1 ~ Proves and Facts that Shyness is Beatable.....	4
The Roots behind Your Shyness.....	4
CHAPTER 2 ~ From Zero to Hero motivational real life story.....	6
My success story of overcoming the shyness.....	6
Longer Version of my Story.....	7
Vicious Cycle that was worsening Social Anxiety.....	7
Alcohol as a Key for solving the Social Anxiety?.....	8
Hope From High School Psychology Lessons.....	9
The Journey to Beat the Social Anxiety Starts.....	9
After beating the Shyness: Improvement in Quality Of Life after Beating the Social Anxiety.....	10
Shorter Version of My Story.....	11
How to turn Shyness into a Strength?.....	11
Is the Leadership trait people born with?.....	12
Another Powerful Trait for Future.....	13
CHAPTER 3 ~ Learn the new way of thinking.....	14
The Art of learning “How to Not Give a Fuck”.....	14
What is the most important thing for You?.....	15
New way of seeing the Haters.....	15
Why do people give a Fuck?.....	16
How to Acquire The IDGF Mindset?.....	17
CHAPTER 4 ~ Exercises to train your Mindset.....	18
Tips,Tricks and Drills to Overcome the Shyness and acquiring new way of thinking.....	18
3 Rules to become good at Small Talk.....	18
Formula to Keep Conversation Flowing on Small Talk.....	19
Notes about “How to keep conversation flowing?”.....	20
Hacking Your Brain. 3 Hacks to become more Confident.....	20

#1. Learn to live in this moment.....	20
#2. Drill to make you believe you can achieve anything.....	21
#3. Fake it till you make it.....	21
Train your mind to be on calm state.....	22
CHAPTER 5 ~ Beating the Shyness.....	23
Final theory about overcoming the Shyness.....	23
The way you think Time.....	23
Two solo drills to help acquire the Mindset to Beat the Shyness.....	24
#1 Placebo Drunk.....	24
#2 Get rid of the habit of protecting your ego and reputation.....	25
8 Habits I changed to become better at Socializing and making new friends.....	25
The Final words of overcoming the Shyness.....	27
CHAPTER 6 ~ Getting over the shyness of going to Gym.....	28
How to Beat the Gym Social Anxiety?.....	28
Go For Your Goals.....	29
More points of other people perspective.....	30
The Final Words.....	31

DISCLAIMER

The information provided within this eBook is for general informational purposes only and should not be taken as advice. Readers should make their own independent enquiries before acting on any information. Any use of this information is at your own risk.

MEDICAL DISCLAIMER

This eBook does not contain medical advice. The author of this eBook is not a doctor. This book is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician. You should not take any of the supplements, medications, herbs or substances mentioned on this eBook before consulting your doctor. You hereby agree that you shall not make any medical or health-related decision based in whole or in part on anything contained in this eBook.

CHAPTER 1 ~ Proves and Facts that Shyness is Beatable

Shyness...

It can be a Curse...

The Curse that limits your life from endless possibilities...



Calmness of The Forest. Peace of Nature. I want you to acquire the Same Calmness and Peace in Social Situations...

The Roots behind Your Shyness

Here is a fact for you:

Shyness is NOT in your genes. You were not born as a shy personality.

The way personality develops, it is a cause of environmental factors.

And personality can be changed. Even it is a tough and hard process, it is possible. This is what my Psychology Professor taught me. Her words were

one of the reasons why I had the motivation to even start trying to beat the shyness, as, before that, I had always believed that personality could not be changed.

But after getting a prove from an experienced Master in the field of Psychology, I got that missing motivation.

So I want to tell you the same words she told me:

“Shyness is not a trait person is born with. It’s a trait that a person develops when growing up in a certain environment.”

This proves you that you have 100% chance to overcome shyness and become a social person.

It’s not an easy task, though.

Overcoming the shyness will probably be the hardest thing you are going to achieve in your life.

But at the final, when you have reached that goal, the prize is huge.

Everyone who can manage to beat the shyness should be awarded with a gold medal.

Imagine that you are a wild animal who was born in the zoo:

All you know is your small territory rounded by the corral. You have no idea that there is a better life outside those fences. But you still have your natural instincts, which makes you crave the life in the wilderness. The craving for a better life. The life without restrictions where you are not locked up in the small, non-natural environment for you.

Then one day, you somehow manage to escape and see the reality:

There is no more fences blocking you, but you enter the world your instincts did want you to live.

Now think about these fences as your brain. You were just the victim of the environment who had no power to break these fences as an innocent child.

You never even had a clue that these fences were breakable, and there would be another way to live your life...

But now you know it. You can break that barrier, which is blocking you from living your life to the fullest.

The Barrier of the shyness...

The roots of your shyness can be some of the following:

- Overprotective parents
- Victim of getting bullied
- Not enough caring parents
- Being discriminated by other children and not having the possibility to develop social skills
- Tens of other reasons....

These kinds of experiences will have an impact on the child self-esteem, and this will reflect later in life, for example, developing a shy personality.

I am not going to go for details on how to handle these kinds of childhood traumas, as I will teach you to achieve the mindset that helps you to beat the shyness. If you are interested in more about these childhood traumas and how to affect your current life, I recommend taking a look at this **book**. It covers a whole process of facing these negative childhood memories and how facing them can have a huge positive impact on your current life.

The point was, whatever the root of your shyness is, it is some environmental factor. Meaning shyness is not on your DNA, and you can transform yourself into a social person.

This chapter was to motivate you not to quit or have excuses not to start breaking the barrier of shyness.

CHAPTER 2 ~ From Zero to Hero motivational real life story

Because success stories are motivational, I want to share my zero to hero with you.

My success story of overcoming the shyness

Below I tell my story of beating the shyness and social anxiety I suffered my whole life.

REST OF THIS CONTENT CAN BE FOUND IN THE FULL VERSION OF THIS BOOK. [GET THE FULL VERSION HERE](#)

CHAPTER 3 ~ Learn the new way of thinking

The Art of learning “How to Not Give a Fuck”

If you have read my content, I have stated this Mindset: “I don’t give a Fuck” many, many times...

I can’t state too much how important this Mindset is.

It’s learnable Mindset...

You want to Learn this Mindset if you already haven’t acquired it.

Imagine how many new possibilities and doors would open in your life if you would give less fuck about what others think?

A Lot.

You could straight go talk to the woman you are attracted to. Without giving a Fuck either rejection or what other people think about.

You could become an Entrepreneur and start your Journey for better Financial Life. You could example [start online business or blog...](#)

You would have the Ability to Stand for Yourself and let hater’s hate. You would not give a Fuck about haters...

+Lot’s and lot’s of other Benefits...

What is the most important thing for You?

You may list things like:

- Your Career
- Your Dating Success
- Your Reputation and Status among other People
- Your Health

The most important thing above Points is **YOUR HEALTH.**

Your health is the most valuable thing you have.

THIS CONTENT WILL BE FOUND

Health includes mental health.

Mental health might include anxiety or depression...

And *Social Anxiety* can be categorized there.

When you realize that your life and health at this moment is the most valuable thing you have, do you want other people to determine or control the most valuable thing you have?

NO.

You want to be the *Driver* and have complete control over your health and mental health.

New way of seeing the Haters

So get a new way of thinking,

Why should you give a fuck when someone is trying to control your health?

You should not.

REST OF THIS CONTENT CAN BE FOUND IN THE FULL VERSION OF THIS BOOK. [GET THE FULL VERSION HERE](#)

How to Acquire The IDGF Mindset?

The Power you have on your thoughts have a huge impact.

But that alone won't always fix the Mindset.

The real way of thinking will help you to achieve this Goal, The IDGF Attitude.

But...

Real Life Action and Experience will at least make you acquire it.

As I have designed the 15 Days Program, which includes a lot of different drills that force you to be uncomfortable and maybe embarrassing situations (At least for a while), will make you Immune to the feeling of shame or what other people think about your failing.

If you can completely finish the program without cheating, you will literally learn How to Not Give a Fuck.

At the beginning of my Journey, I was doing these drills in the program combined the way of thinking above...

And I started to acquire more and more the “IDGF” attitude, until finally I achieved that ultimate feeling of freedom...

When I designed the program, I was trying to make it much better, and I did avoid the mistakes I did in the past. By skipping the mistakes and adding actual routines and drills that work, so you can have the fastest possible improvement in this area.

The 15 Days program is in [The Player System](#). So if you have all the 3 books, I recommend to first read the “Lonewolf Game” and lastly “The Player System”, so you can start doing these drills.

CHAPTER 4 ~ Exercises to train your Mindset

In this Chapter I will teach you both:

- Solo drills that you can do at home every day.
- Techniques that you can apply everytime you talk with someone to improve your social skills

Tips, Tricks and Drills to Overcome the Shyness and acquiring new way of thinking

3 Rules to become good at Small Talk

Having the ability to keep conversation flowing and have a small talk is a very useful skill that helps you in every aspect of your life.

To learn how to become good at Small Talk, here are **3 Effective Tips**:

- **#1 Rule.** Be always the last on who opens mouth. Say the last word. When you have this attitude, the conversation will keep flowing automatically.

- **#2 Rule.** Always reply with sentences—either questions or statements, but NEVER with one word. If you reply “yes” or “no”, the conversation will die very fast..
- **#3 Rule.** Try to change the topic if you go out of words—something which is related to the earlier topic. Let’s say you talked about the weather, and both of you go out of words.

You can change the topic to tanning (even if you don’t tan). Like: “It’s sad the sun is not shining, I could take a tan. Like I used to be on those tanning rooms.... AND topic changes to tanning. From there, it can be again changed, and the conversation will keep flowing.

REST OF THIS CONTENT CAN BE FOUND IN THE FULL VERSION OF THIS BOOK. [GET THE FULL VERSION HERE](#)

CHAPTER 5 ~ Beating the Shyness

Final theory about overcoming the Shyness

As you have already read about drills and tricks, you can do to beat the shyness and improve your social skills, and now it's time for some theory about overcoming the shyness.

As I told earlier in the “IDGF” attitude chapter, how important it is to not care about haters, this is the main principle about shyness.

I state again this:

You need to be aware of that Shyness is NOT in your genes.

You were not born as a Shy.

The shyness is caused by some kind of Trauma in your early childhood.

Shyness makes you overanalyze the results of your actions and what will happen in future.

Let's think about what is the cause of this?

We get back to the topic of living in the moment:

The way you think Time.

The Future.

You are afraid of the Future.

But future is not reality. It's only an illusion in your mind.

The only reality is this moment.

Now.

Not the Past, not the Future. **Now.**

If you can manage to focus only on this moment when you are talking with people, it will dramatically help you to overcome the shyness.

Don't say something because you think it's a bad joke or embarrassing thing.

Learn to laugh at yourself, so you can change the embarrassing story to funny one you can laugh along with others.

If someone disses you, don't piss off. This way, you are only damaging yourself.

If you can turn the situation for laughing at yourself, the dissing won't affect you.

The more you open your mouth, the more confidence you became on the social situations.

And more closer to the final goal: Beat the Shyness...

Lastly, two more drills to help overcoming the shyness:

Two solo drills to help acquire the Mindset to Beat the Shyness

REST OF THIS CONTENT CAN BE FOUND IN THE FULL VERSION OF THIS BOOK. [GET THE FULL VERSION HERE](#)

The Final words of overcoming the Shyness

As I have stated many things about changing the way of thinking for acquire the correct Mindset:

- “I don’t give a Fuck” Mindset
- The importance of how you want to live the life
- Focusing in this Moment
- Drills like faking being drunk
- Hacks to boost confidence
- Habits to improve social skills

The final thing I’m saying is:

Take action and **Force Yourself** out of your comfort zone.

The actions lead to experience.

Experience leads to Confidence.

Confidence leads to success.

Success leads to More Success.

In other words: The more you get over the shyness, the easier it becomes to get over the shyness.

The Snowball effect...

And remember the First Chapter.

When you beat the Shyness, use the traits of your past as a Strength on your new Demeanor.

You’ll become more Charismatic and Likable.

You’ll become The Boss.

If you would like to get more good sources for beating the shyness, [check good resources here.](#)

CHAPTER 6 ~ Getting over the shyness of going to Gym

REST OF THIS CONTENT CAN BE FOUND IN THE FULL VERSION OF THIS BOOK. [GET THE FULL VERSION HERE](#)

The Final Words

Hopefully, you found these tips in this book helpful, and you can start your journey to beat the Shyness today.

The journey will be tough, but it's the best thing you can do in your life if you can beat the shyness.

The limitations you know have due to the shyness, are there not anymore...

Quality of life will get 1000x better.

The more you force yourself out of the comfort zone, the more your comfort zone will extend...

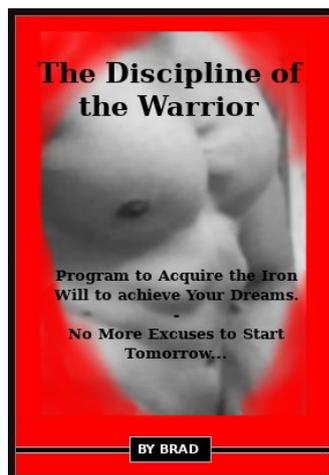
Good Luck Friend,

Brad

To get more, check my website's www.playertricks.com or www.lonewolfmentality.com

CHECK THE NEXT PAGE FOR OTHER GREAT STUFF!

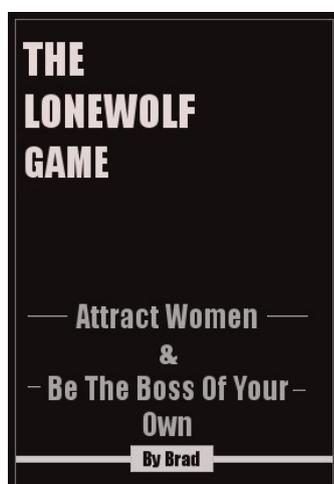
OTHER BOOKS FROM THE AUTHOR



The Discipline of The Warrior

This book is more like a program, a program that forces you to get motivated to start get shit done. If you are the type who have lots of good ideas but you lack the motivation to start your projects, this program will fix that problem.

Besides building a rock hard discipline, like a Warrior, you will learn in this book the actual way to get ripped sixpack abs and how to lose the belly fat. [Learn more about Discipline of The Warrior here.](#)

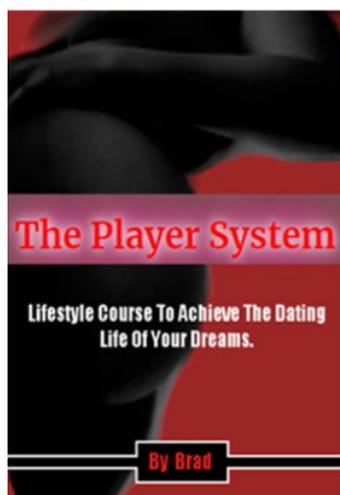


The Lonewolf Game

Are you wondering how to find a Girlfriend or overall meet women if you have no girls in your social circle? Neither you don't want to use dating apps like Tinder?

The Lonewolf Game is the solution for you, containing countless of step by step guide's how to go out alone and seduce women, example opening lines, techniques to keep her interested in you and how you can maximize all your natural attractive qualities.

[Learn more about the Lonewolf Game here](#)



The Player System

This book is not only book but a complete lifestyle course for Men. Besides lots of dating advice and how to dramatically skyrocket your success with women, this book contains a 15 Days program that is designed to make you Confident around women, even if you are shy when you meet girls now. The 15 days program final drill's goal is to get you laid, even if you are virgin. Besides that, this book contains a full guide how to start living the Player Lifestyle and live your life on God Mode. [Learn more about the Player System here.](#)