

Anxiety is permanent, right? WRONG!

You want to go outside, talk to strangers with ease and make new everlasting friends, But every time someone even glances at you, you start to hyperventilate and you quickly retreat back home.

You're tired of that feeling that keeps you:

Lonelier than Voyager 1 [it's in space far far away ]

Having NO social life, while every conversation is uncomfortable,

Everyone calling you a loner.

Soon you resort to just calling someone so they don't see you, so you're AT LEAST making some contact

BUT IT'S STILL AS BAD AS IN PERSON

And this leads you to suffer from other illnesses like depression and when you do go out in public, anxiety attacks are common.

You gotta pull yourself together before you end up never leaving your house

Anxiety can be easily solved and forgotten about in ways where forcing yourself is not required

The solution to this is to constantly be pushing yourself out of your comfort zone.

Doing that, you will be guaranteed results such as:

Being able to talk to anyone with ease

Large crowds not being a problem

And friends galore

You will notice in a matter of weeks how big the changes in your life are after applying these 2 core changes to your daily routine.

If you want to lower your chances of being scared and alone, then you must know [this](#)