

There She was.. kissing my best friend in front of me eyes

My eyes went wide and my face turned pale.

I had never felt more betrayed in my life till this moment...

That girl was the most beautiful woman I had ever laid my eyes on.

My best friend knew that I had a crush on her and that I had been flirting with her for weeks.

Which is why, when I saw them together, I felt my chest growing so heavy.

Later, I tried to talk to her about us...

"You? How could I have a crush on you?"

I mean, you're always mumbling and shaking for whatever reason...

It kind of creeps me out, to be honest."

I was already aware of my anxiety problems and I had tried all the simple techniques to resolve them.

Breathe, change my ideas, go for a walk, listen to music...

Obviously, none of that had worked.

But a few days later, during a family dinner, I heard my uncle talk about something he recently discovered that had helped him relieve stress from his job.

I paid close attention to his speech and that's when he proposed to make me try his secret.

Of course, I agreed.

A few weeks later, I was at university, sitting peacefully in the middle of the cafeteria.

My chin was raised and I was feeling as if there wasn't a single thing in this world that I feared.

There wasn't an ounce of a mumble in my voice when I talked to my classmates.

I wasn't hugging the walls anymore when walking to my classes.

And I was surprised to hear that my best friend and that girl had broken up... directly from *her* mouth.

She came back to me and this time, **she** was the one flirting with me.

When I saw the beautiful smile she gave me, I realized how powerful was that little “hack” that my uncle showed me.

So if you want to know how i fixed my anxiety problems and became 10x more confident in just a few weeks,

[Click here to discover the secret to being a cool and confident man instead of an unattractive nervous wreck](#)

P.S. : That same secret is even used by TV SuperStars to constantly look classy and elegant!