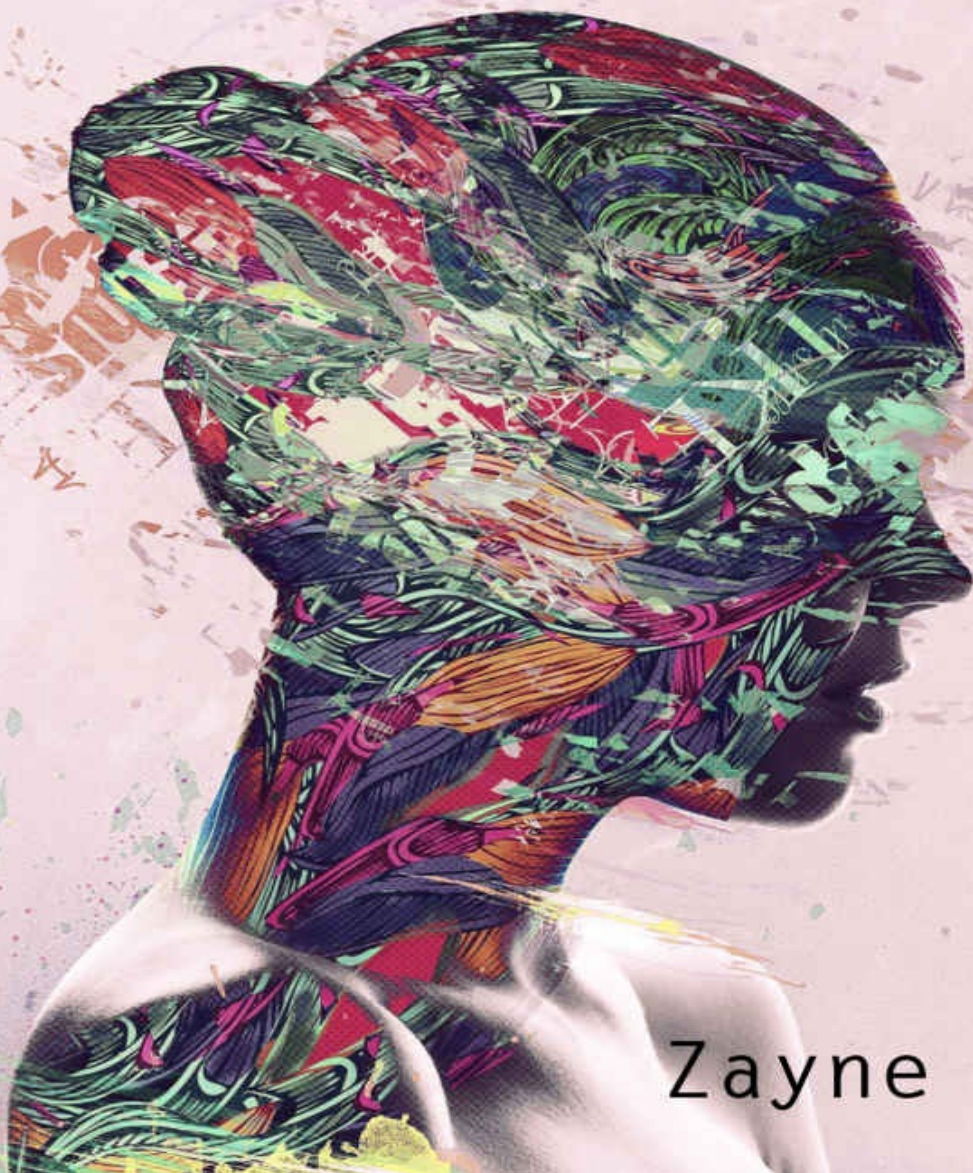


ANXIETY

M A S T E R Y

*Your Guide To Overcoming Anxiety
and Living Free From Fear, Panic and Worry*



Zayne Parker

Anxiety Mastery

*Your Guide To Overcoming Anxiety
and Living Free From Fear, Panic and
Worry*

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Introduction

Man has walked on the moon and is sending spacecrafts to the end of the Solar System and beyond. And yet, despite all our modern technology and all our amazing accomplishments, man still remains victim to stress and anxiety – we continue to remain susceptible to the demands of our fast-paced lives which take so much out of us. The worst of it is, many of us don't even realize how stressed we are!

Anxiety and depression have become a common place affliction; today, it is nothing surprising to find someone who is undergoing psychiatric therapy for these problems. There is nothing wrong with it, obviously – in fact, these people are to be lauded because they understood that they were in trouble and went to get help! A number of us refuse to even admit that we need help, much less try to seek it out.

The truth is, no matter how hard we try, it is impossible to get away from anxiety. Our lives are so fast-paced, so demanding, it becomes something as routine and daily as brushing our teeth. Unfortunately, the longer you let this go unchecked, the more the number of ill-effects it will have on your health. Now, it is *not* an absolutely hopeless task; as difficult as it is, you can take control of anxiety!

Anxiety need not be your worst enemy; it need not have adverse effects on your health and it need not be so pronounced that it ends up leaving you in a state of clinical depression. What you need to do is to take charge of your own life and turn it around – anxiety *can* be controlled and kept to a manageable level! It is not quite the insurmountable obstacle it seems to be!

In this book, I have given you some quick pointers on how to handle anxiety and manage your panic attacks. You can wrestle control of your life away from these huge afflictions that seem to be ruling you – just follow the simple steps described within these pages, and you will find yourself being able to manage and even overcome anxiety!

Thank you for choosing this book! I hope it comes in handy for you!

Chapter 1-What Is Anxiety?

To battle something, we first need to understand what we are fighting and why it affects us so deeply. Google defines anxiety as “*a feeling of worry, nervousness, or unease about something with an uncertain outcome.*” In simple terms, it means worrying about things that are beyond our control and allowing this worry to overtake your life to the extent that you can think of nothing else. And in the end, this worry begins to have negative effects on your health.

The problem with worries is that they never truly and completely go away. They always linger at the back of your mind, ready to pounce on you the moment you allow yourself to be weak. Now, we cannot always push through them and work – we *will* end up giving in to them at some point or another. The trick is to make sure you are not crippled by these worries. That is when things take a turn for the worse.

When this happens, you find it hard to do anything. You are almost paralyzed by this anxiety, you cannot sleep and you keep thinking about how it may get worse. That’s a clear sign that you need to start working towards taking control of your life; not sleeping and the constant stress will begin to wear you down physically as well as emotionally, casting dark shadows over your health and your personal relationships.

Why do we find it so hard to stop worrying? Most chronic worriers would have noticed – the more they tell themselves not to worry, the more they actually end up worrying. Try it for yourself, if you would like. You will find that you are able to distract yourself for a little while and fool yourself into thinking everything will be alright for an hour or so. You will be able to suppress anxiety – but only for a short period of time!

This kind of ‘*thought stopping*’ never works, because it only ends up forcing you to pay extra attention to the thought you want to avoid. You make yourself anxious because you think about it by attempting to not think of it! Confusing, isn’t it? In simple terms, you are constantly on the watch for these worrying thoughts so that once they pop up, you can distract yourself. What you are essentially doing then, is assigning a level of importance to it that makes it even more worrying than it actually is. The more important the worry, the more

anxious you end up getting. This is one major reason why we cannot seem to stop worrying altogether.

To battle this worry, let us first understand its nature. For most people, worries are fueled by their belief systems. Thoughts themselves are a product of what you believe; obviously, your worries are an end result of them too! For instance, if you believe that any work you submit to your superiors at your job must be perfect, then you will keep worrying about whether or not it is until your boss confirms it to you. Even if it is good work, you will start worrying about whether it is perfect and then end up not being satisfied the job well done that your boss gives you.

What you believe plays a huge role in what you think. They are interconnected; what you think is both an end result and a cause of what you believe. To manage worry, you need to be able to look beyond your beliefs and focus on what is important. You have to remember that you are not perfect – you are human and you can only continually improve, but you cannot attain that 100% perfection you believe you should deliver. It is that kind of belief system that causes you worry and it is that which you will have to overcome – *not* an easy task.

But it isn't impossible either! Managing your worry is easy enough to do once you understand where your worry stems from. The problem is getting yourself to admit that you may be worrying yourself sick; a lot of anxiety riddled patients don't even realize how much they are affected! Once you identify it though, you can focus trying to overcome it. In the next couple of chapters, I have outlined how you can do that.

Chapter 2 – Daily Hacks That Help Relieve Anxiety

So now we get down to business. How do you deal with this anxiety? How can you take control of your life from it? It is not going to be an easy task – but it is definitely worth it! A stress-free life means a happier and healthier life! Here is what you can do stay the hand of anxiety.

Schedule a Worry Period

Do you remember how I told you that '*thought stopping*' does not work? As I mentioned, by being constantly on the watch for it, you give it a level of importance that subconsciously tells you that you should worry about it. To battle that, go right ahead and set a time period – say from 3 pm to 4 pm – where you do nothing *but* worry. Make sure this time is fixed; it should be the same time each day and it should be well before your sleep time so that you don't lose sleep over your worries.

Allow yourself to feel the full-effects of your worries and your anxiety during this time. You may even feel physically exhausted after a while – anxiety does leave physical symptoms too. But you will find that after a point of time, you are tired of thinking about and you just want to let it go. The brain's attention span can last only so long!

And here is another tip – procrastinate your worry! Everybody is always telling us to not procrastinate and to get things done A.S.A.P, but here is one situation where you can make putting things off work *for* you instead of against you. As much as you have scheduled a specific time to worry, our mind doesn't always work that way. You are bound to get anxious thoughts during the day, no matter how hard you try not to.

So here is what you do when you start worrying during the day – procrastinate your worry! Keep a notepad close to you and when the worrying thought appears, write it down and put it away for later. That way you fool yourself into believing that it is unimportant enough that you don't have to think of it right away and when you do allow yourself feel anxious during your scheduled time, you will find that its strength has been muted.

Practice Rational Thinking Methodology

A lot of times, the reason we worry so much is because we feel utterly helpless. What we fail to realize is that feelings don't really make sense – they just are. The best way to tackle such feelings is to rationalize and to use logic to defeat them.

Pick up one particular anxious thought that has been bothering you for quite a while. Look at it from a rational point of view – is it a problem that you can solve? If the answer is yes, then how do you go about solving it? What resources will you have to avail to get it solved and how are you going to access them?

As is obvious, doing something about your anxiety definitely decreases it. You feel like you are getting something accomplished, which makes you feel better about yourself as well as your worry. The trick here is to differentiate between simply going over the problem over and over again and actually trying to solve it. The former increases your stress levels, even if it seems to make you feel like you're accomplishing something. The latter, on the other hand, actually solves the issue and then leaves you completely stress-free.

Look at your worry in this manner. Ask yourself – is the worry real or is it imagined? If it is the latter, then how likely is it that it will come true? Is the problem within your control or out of it? If you can solve the issue, then approach it logically and figure out solutions. But if it is not a problem that you can solve – then quiet your worry by working it out rationally.

For instance, take the previous problem. If you feel like you have to submit the perfect report and then start getting anxious about what your boss is going to say, then look at it rationally. Did you do everything you could? Did you consider the report from every aspect and have you used all the acceptable resources you should have while preparing it? Was there anything more you could have done? What can you do the next time to make it better?

Ask yourself such questions and try to practice rational and logical thinking the face of your anxiety. Obviously, it won't magically fix your worry, but it will begin to mute the effects your anxiety has on you. Practicing this won't be easy; the first few times you *will* feel a crippling sense of anxiety and worry. But keep at it and soon you will find that your logic trumps your irrational fear every time!

Embrace Uncertainty

Chronic worriers *hate* uncertainty. To them, control is absolute and anything that is unpredictable or uncertain makes them lose that control. They flip out and start getting too anxious, which makes things even worse.

As much as we would like to predict every possible outcome of a situation and remain in control of everything, it is humanly impossible to do so. We cannot prevent unpleasant things from happening; results are often beyond our reach. Focusing on worst-case scenarios does not help at all – it just makes you more anxious and worried. And instead of enjoying the event itself, you end up wasting your time worrying about how it could go wrong.

The best thing to do is to *accept* that uncertainty. It sounds very vague and out there, I know, but there really is no other way to tackle this issue. Prepare yourself to the best of your ability – work out a contingency plan in case something does go wrong. Just remember, though, you cannot possibly predict every outcome and therefore, you cannot be prepared for every single thing that could go wrong.

Embrace the uncertainty and be vigilant – but don't let yourself get anxious over those things you cannot control! Let loose and enjoy and you will find that things will automatically work themselves out!

Maintain a Stress-Diary

Now, this involves a bit of hard work, but it is well worth the effort! Buy yourself a little black notebook to carry around with you wherever you go. Over a period of a week or two, write down every worrying thought that flashes across your brain. Do not ignore anything – even the silliest of worries, like if your nail-paint is streaked or if your hair is askew, should not be ignored.

At the end of the designated time period, take out your diary and then sit down to analyze your thought pattern. You cannot fight worry if you don't know what it consists of. Pick out those things that cause you the most worry and then try to see what you can do to solve those problems. Apply rational thinking here and also try to procrastinate your worry so that it doesn't affect you too much.

Be Aware of Your Surroundings

Sometimes, anxiety is caused by the area we are in or the people we are with. We don't even realize how stressed out we get when we are around other anxious people or if we are stuck in the same room at the same spot for hours together.

Be very aware of yourself and your moods. If you feel that spending time around certain people makes you anxious, try to subtly move away from them or limit your exposure to these people to a small amount of time. Do the same with any place that makes you anxious. If for instance, working at your desk for more than hour makes you irritable and anxious, take a break at the fifty minute mark and go for a walk to the coffee room or to your friend's cubicle to keep your mind calm and relaxed.

Also be careful when you choose your confidantes. Some people feed your anxiety with their own so that it becomes a toxic loop of worry and depression. Stay away from them; choose to confide in friends with sunny dispositions who will encourage you to be more positive.

Chapter 3 – Making Lifestyle Changes To Handle Anxiety

Did you know that your lifestyle itself can cause you anxiety? An unhealthy lifestyle can lead to more anxiety, which in turn, augments the lack of healthy practices until it becomes a toxic loop that leaves you wrung out and tired from morning to evening. Ste back and take a good hard look at your lifestyle – you will realize that changing the way you live will help you get your anxiety in control.

Let me give you a simple example. You do not allow yourself to get the minimum, advised seven hours of sleep in a day. The next morning, you tend to be irritable and anxious because of the lack of sleep and through the day, you are unable to get all the work done that is assigned to you since you are so sluggish and tired. Later that night, when you return home and try to sleep, you will not be able to, since you still have so much work left. Your brain will refuse to shut down, and you will keep worrying about how much more you have to do, despite the fact that you cannot do anything about it at that particular moment. The next morning, the cycle continues and you end up feeling frustrated and wrung out.

Making a few simple lifestyle changes will definitely go a long way in bringing your anxiety to a manageable level. Here are a few things you can do!

Get a Full Night's Sleep

As is obvious, the most important thing that will help you get rid of anxiety is a full night's sound sleep. There is nothing quite like it – it will leave you fresh and rejuvenated and ready to face the day with a much more positive disposition! Good sleep has restorative properties no drug could ever hope to emulate; there is no replacement for it.

Now chronic worriers find it very hard to sleep at night. Most anxious people tend to be deep thinkers, and at night, they have difficulty turning their brain off enough to rest – their thoughts are racing, even if they are not worrying or getting stressed out about something. Sleep, then, becomes a rarity in their lives – it is fitful sleep they get, not the long, restful one they require.

What you will need to do is prepare for sleep. And I am not talking about making your bed or fluffing up your pillows. There are some very real techniques you can practice to make sure you get a good night's full sleep. Here is where you begin –

- Switch off all electronic devices before you sleep. Phones are amazing inventions; they are also amazing interrupters. Find yourself a proper alarm clock to wind up and use instead of using your phone; undoubtedly, you will get distracted from sleeping every time somebody posts a status on Facebook. And make sure to shut down all electronic devices at least an hour before bed; research has proved that the radiation from these screens can cause adverse effects on your sleeping patterns.
- Set a regular bedtime. Make sure you go to bed at exactly that time every day, regardless of how much work you have. Don't stay up late into the night; instead, wake up earlier in the morning to get your work done. Make it routine so that your body will get used to it and automatically start expecting to sleep at that time. That way, once you get used to it, you will find yourself feeling sleepy at that time and it is easier to get a good night's rest.
- Take short naps in the day if you need extra rest. One major problem with people is that they crash when they want to nap and then end up staying up late into the night and thereby ruin their biological cycle. Naps are meant to be short and are more effective only if they are short. Sleep for a maximum of thirty minutes and sleep only during

the afternoons. Keep it under control so that your night's rest is not ruined.

- When you start stressing out at bed time, and you find that your brain cannot shut down, try deep breathing. Close your eyes and focus all that attention on inhaling and exhaling, instead of thinking so much. Force yourself to concentrate on your breathing until you feel your muscles relax.
- Practice progressive muscle relaxation. This is a technique to relax your whole body. What you need to do is tense the muscles and then release them slowly so that you feel loose and relaxed. Start from the toes of your feet and then move up slowly – make sure you feel every clench and every release of each muscle. By the time you come to your head, you will feel tired and worn out and relaxed enough that you can slip into a comfortable night's sleep.
- Don't think about the fact that you are still awake. Relax into your pillows and try to blank out your mind. Breathing deeply helps, but the most important thing is to not get stressed about the fact that you are still awake. Just picture yourself lying somewhere peaceful and resting. You could count numbers one by one until you find yourself falling asleep.

These are just a few tips to help you sleep better. Remember, anxiety and sleep disorders are highly individualistic things, so don't start worrying if some of these don't work for you. It's all about trial and error – experiment to see what works for you and then practice that. For instance, to some people, music may be soothing and ease their way into sleep but for others, it can be an irritant. Be patient, and try out different methods to see what works for you!

Exercise Regularly and Practice Breathing Techniques

Once you get your sleep patterns in order, the next thing you need to work on is getting yourself to exercise regularly. Don't groan – it may be painful whipping yourself into shape, but research has proven that exercising can act as a brilliant way of curing depression!

When you exercise, your body releases chemicals known as endorphins. They are produced to inhibit the transmission of pain signals, but they also induce a feeling of absolute euphoria. In short, they make you feel happy! No wonder you feel so on top of the world when you finish your ten-mile jog!

Other than the chemical aspect of it, exercise also acts a literal stress reliever. What can be more helpful than pounding away your pent-up aggression and anxiety on something? You can just stomp away all that frustration and worry on the gravel road beneath you! It allows you to feel like you have thrown out all the negative, leaving you raw and tender. Now you can begin to recover yourself, without worrying about anything!

As effective as exercising is, it is breathing that helps the most. It is not for nothing that people ask you to breathe deeply when you have a panic attack – the deeper you breathe, the more oxygen you take and the better your brain works.

Have you noticed – when you start getting anxious, your breathing automatically speeds up and you start panting? At this point, you are breathing with only your upper chest and lungs, and you are taking in very little oxygen. Your brain cannot function properly since it isn't getting the supply of air it needs. Stress, in the end, really does make your irrational!

What you must do is practice belly breathing, or breathing with the diaphragm. Breathe in deeply so that you can feel the diaphragm expand and then exhale just as deeply so that you can feel it contract. The more oxygen you force into your lungs, the better your brain function and the less anxious you become.

Now, even if you are not stressed out, practice deep breathing every morning. Wake up early, preferably with the sun, and then go out on to the balcony. Set up your exercise equipment there and work out, after which sit down, and relax all your muscles one by one. Now focus on breathing deeply – take in the crisp, fresh morning air, unpolluted by the day. Try not to think – just let yourself feel

the ground beneath you, listen to the birds chirping and the breeze tickle your skin.

This kind of breathing gives you a lot of oxygen and keeps your brain functioning well through the day. It also acts as a brilliant anxiety reliever.

Chapter 4 – Quick Tips To Deal With Anxiety

While this may seem like a repetition of whatever I have said so far, these are some very quick tips you can try out to deal with your anxiety! They are time tested and they work, which is why – at the risk of sounding like a broken record – I have listed them down.

- Take a deep breath. When you feel like your worry is about to overwhelm you, just step back and breathe in deeply, feeling the expansion and contraction of your diaphragm.
- Become active. Worry and anxiety often stem from a feeling of helplessness. If you move around, you will give yourself the illusion of doing something that can stave off your anxiety. Exercising helps; that way, you can get rid of your frustration while keeping yourself healthy.
- Get a good night's sleep. The better your rest, the better equipped you are to face the new day. If you don't rest, you are irritable and worried and the cycle continues. Prepare yourself for sleep and practice various sleeping techniques to make sure you get a solid seven hours of sleep each day.
- Challenge your anxious thoughts. Look at your worries logically and rationally. If you find that your worries are irrational, try procrastinating them and not giving them importance. If you can solve the problems, figure out ways and means to do so.
- Try to practice positive thinking. Every time a negative or worrying thought pops into your head, take a moment to convert it into a positive thought. It requires a lot of effort and will take a lot of time, but it is certainly worth the effort!
- Avoid caffeine. As much as a cup of coffee sounds brilliant for a headache after a long, stressful day at work, the caffeine in your system will only exacerbate the anxiety that hums beneath your veins. Instead, try to take a long walk in the cool evening breeze or do something relaxing and fun with family to take your mind off the worry.
- Practice reflective exercises like yoga or tai-chi that cater to both body and the mind. Yoga, as an entity, involves both the physical and

the mental self of a person – meditation is a key aspect of any yogic endeavor. Practice it daily to help you relax. Tai-chi is filled with slow, precise movements that allows for reflection and relaxation that will help you rid yourself of any lingering anxiety.

- Above all, accept your anxiety and embrace. Do not think of yourself as weak for being anxious or losing control – it is normal, it is to be expected. There is no right or wrong way to feel, only correct ways to go about acting on those feelings. If you feel anxious and if you feel like you need to get help to handle it – don't be afraid to admit it! It takes an enormous amount of courage to do so, so go right ahead and talk to a therapist if you have to!
- Be patient. Anxiety and stress build up over a long period of time – they will not vanish in the matter of moments. It will take time and effort. Don't give up halfway through. None of the exercises I have mentioned will work if you don't practice them regularly and diligently. Make them routine so that you don't have to think about them. Practice them regularly so that they work for you!

Handle your anxiety without getting anxious. Practice these tips daily and don't be afraid to ask for help if you need it!

Conclusion

Anxiety is, ultimately, not a single situation, but how you respond to it. It can be caused by anything and everything and since it stems out of your personal belief systems, handling it can be tricky. But it is not impossible.

The first thing to do is to embrace your anxieties. Accept that you are worried and that you feel a loss of control; it will go a long way in helping you overcome it. If you don't admit that there is a problem, you cannot begin to fight it at all! Make things easier for yourself by trying to think positively. Don't take things too seriously – have fun and take a more casual approach to things so that you don't get stressed out about the little things.

Be aware of what causes you anxiety and then approach the issue rationally, in a detached manner. Don't be afraid to ask for help if you need it! Therapists exist for the sole purpose of making your life easier – approach them and they will definitely set you on the right track.

Remember, anxiety will not vanish in a day or two and leave you with a '*lived happily ever after*'! Life tends to be a struggle more often than not. Practicing these techniques may or may not cure you of your anxiety, but they will *definitely* help you get a better handle on it. You will find that you are able to work through it and even with it when you need to instead of having to fight it all the time. Practice these techniques regularly and don't give up if you don't see effects immediately. Be patient and be diligent, and before long, you will find yourself getting better and better each day!

Thank you once again for choosing this book! I hope it gave you a concrete beginning to handling your anxiety and taking control of your life!

Bonus!

Nowadays, most people worry about anything. In this video, Martin L. Rossman, MD explains the use of the power of the healing mind to reduce stress and anxiety, relieve pain, change lifestyle habits, and turn these into Calmness and Confidence. He talks about the effects of worrying, as well as, how it greatly affects our daily lives. Take time to watch this very informative video.

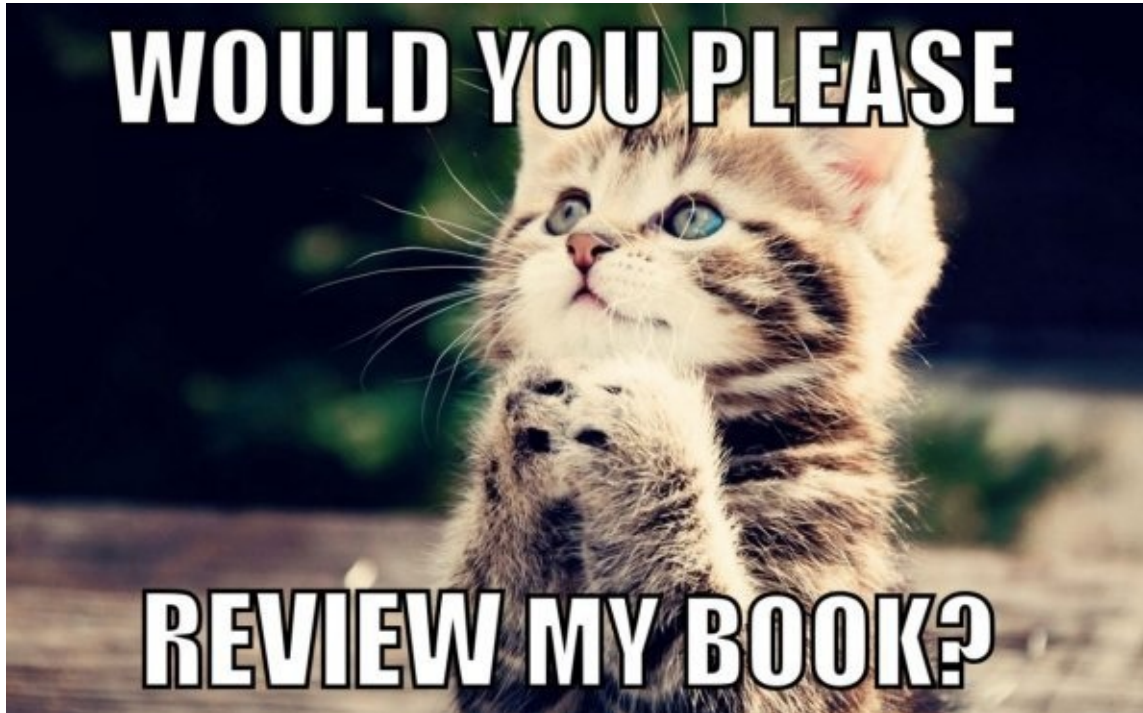


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Very Respectfully, Zayne Parker

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Preview Of 'Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition'

Introduction

First off, I would like to thank you for downloading the book, "Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition."

I wanted to congratulate you for taking the step and *investing in yourself*. I've been a student of personal development for many years now and it has *completely* changed my life. I grew up having no clear purpose in life, wasted a lot of my time on unnecessary things, struggled with confidence and anxiety issues, never read books, was afraid to try new things, had trouble meeting new people; the list goes on. I was like a mindless drone, just living life day by day and *nothing* more. But one day, I was fortunate enough to meet some very successful and wealthy people. They came into my life and they poured their knowledge and wisdom into me. That was the turning point in my life and let me tell you, *my life has been a blast since then*. I've been able to have more, do more, and achieve more than I could *ever* imagine. My job is to pay it forward and now I want to pour this wisdom into *you*. You have set yourself apart from the average person by downloading this e-book. I *highly* encourage you to read it in a quiet, distraction-free area. Be in the state of learning and focus your mind, body, and soul on this information. I'm confident that this book can help better your life *only* if you keep an *open mind* and *apply* what you'll learn. With that said, let's get started.

The *lion* is known as the symbol of royalty, bravery, fearlessness, strength, and courage. The lion is not afraid of anything and can go about the land in any way that they would like. For those who are trying to gain the confidence to succeed in life, the lion should be your own personal symbol. The lion is everything that you have ever wanted to be and with its lead, you will be able to take the lead for life. This guidebook is meant to help you *find your hidden lion* and bring out the

positive lion in your soul.

Chapter 1: Kill the Negativity

“Don’t you dare for one more second, surround yourself with people (or situations) who are not aware of the greatness you are.” - Blackwell Preston

Feeling as if you do not have confidence is something that all people go through at some point or another, even those people who seem to have everything under control. It is normal to feel like you are not sure about what you are doing or that others might be judging you, but this is not the way that things have to be; you are the controller of your own destiny and if you want to gain more confidence, you *can* get the tools to do this. There are a lot of simple steps that you can take to come out of your shell, to get the life that you have always dreamed of.

The first step that you can take to gain more confidence is to learn how to get rid of all the negativity in your world. This would include all of the people, events, and situations that you encounter that make you feel little or like you just cannot measure up. The more that you surround yourself with these kinds of situations the harder it is going to be to increase your confidence. These daily situations and people are going to be putting you down constantly and making you feel like you do not matter when you really do. Getting this negativity out of your life is one of the quickest things you can do to boost your confidence and it is simple to do. It's inevitable that we will encounter negative people, events, and situations in our daily lives, but choose not to let it rob you from your personal freedom. Keyword: *choose*. Follow these easy suggestions to learn how to get the negativity out of your life *for good*.

Do Not Worry About What Others Say

Often, you may be telling yourself no to something or steering clear from a situation because you think that someone else would not approve of your actions. Stop thinking this way immediately; you need to remember that you are the one who is living your life and it is *your* choice to make a mistake or to try something new. Just because someone else is telling you no, or you think that they might disapprove, does *not* mean that you should do it at all. Before you write off doing the activity, think about why the other person might say no or be

disapproving and hold it up to some scrutiny. Does it make sense that they would disapprove of the action? Do they have your best interests at heart when they say no? If the reasoning does not stand up, then there is no reason why you should not go ahead and do as you wish.

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