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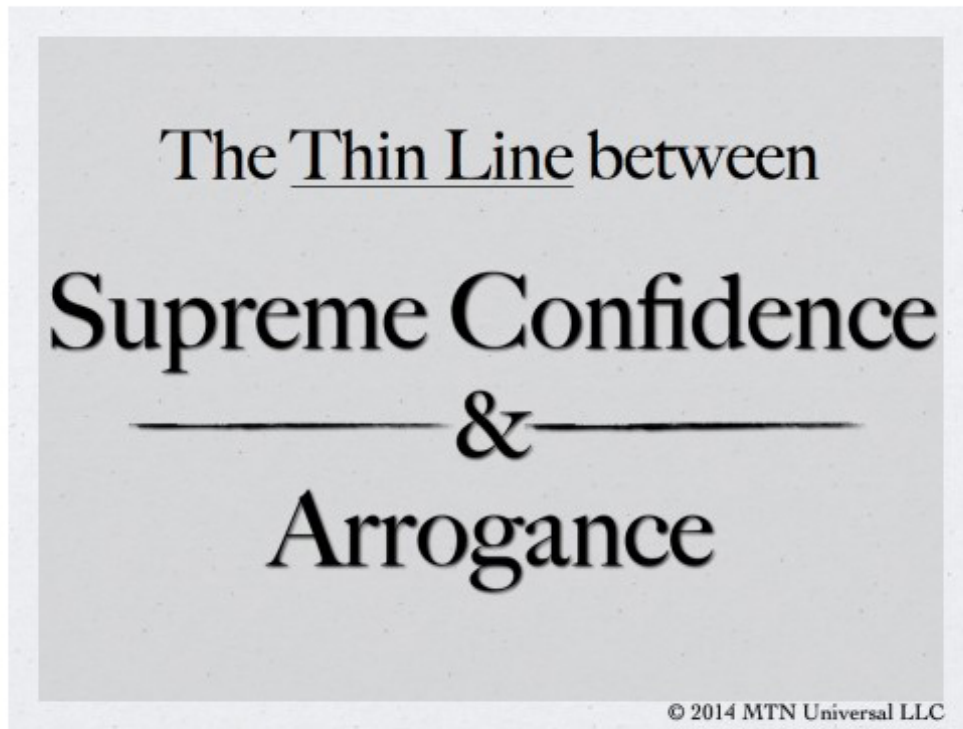
# You, Too, Can Shed Your Shyness

Nicholas Pollak / May 4, 2015 /

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*"The ideal is to live our dreams before it is too late."*

It is important to take action toward your goals every day. No matter how big or small, take some action. Don't wait.

Create a picture of what you want. Make it a vivid.

Imagine a committee in the sky which does not speak our language. The only way you get what you want is by giving them a picture. Draw a picture of you as you envision yourself.

We all have congenital powers we are not aware of. Throughout our lives we have been taught how to walk, read, write, eat, tie our shoelaces.

But we have not been taught how to harness the amazing power of our subconscious minds.

We go through our lives never really doing the things we need to, to have the things we really want. Success, happiness and prosperity.

Be it.

Actions, not words.

Think back to when you were learning something for the first time. Think of how your self-confidence and self-esteem are tied to what you can do. Notice you feel better when you have mastered something new. As your effort increases, your self-confidence grows.

Self-esteem is more fundamental.

A good sportsman can have a huge success and self-confidence because he is good at his sport. At the same time his self-esteem can be low, if others never have acknowledged him for the person he is, only for his sports performances. Low self-confidence shows as a constant feeling of insecurity, self-criticism, sense of guilt. Self-confidence is when you feel well-balanced and comfortable.

If you were not born with self-esteem, build it.

Some people just have it. — to talk in front of a crowd, to sell themselves at job interviews, to start a stimulating conversation with someone he or she never has met.

Instead of generating heart palpitations, breathing difficulties and sweaty hands you can develop self-confidence gradually as you work toward your goals. You build up your courage to do what self-assured people find natural.

Self-confidence is an important part of life. Stop avoiding what you want to attain.

Children believe they can be and do anything. If we don't believe that, we can dare to try. We will avoid certain situations because of our fear of failing. Then we never will prove that we can do

Many aim lower than they should in their careers. They avoid an exam because they are afraid of doing badly. They search for a job with a lower risk. If we constantly think of failing, we will.

People with low self-esteem listen to other people's advice, instead of their own inner voice. Perhaps they do something to please others. Perhaps they don't do anything because they fear negative reactions.

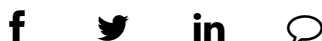
Regardless of fear and shyness you would want to get out of your self-imposed shell to improve your self-confidence.

Be visible to your surroundings. Do things differently from your routine. Break the circle of negative thinking.

Try yourself in different situations.

Know what you want. Plan to get it. Work the plan — success, happiness, prosperity, self-esteem and self-confidence.

***Do not hesitate to contact me by telephone, 310.204.3321, or by email at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (<mailto:nickpollak@hypnotherapy4you.net>). See my website at [www.hypnotherapy4you.net](http://www.hypnotherapy4you.net) (<http://www.hypnotherapy4you.net>)***



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Repeat Every 1 Week(s) on : Wednesday,Thursday,Friday,Saturday,Sunday

A secret cache of letters brings together a former

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Repeat Every 1 Week(s) on : Friday, Saturday, Sunday

The multiple award-winning Echo Theater Company, n

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