



How to Overcome the Avoider Mentality: Conquer Your Fear of Intimacy, Authentically Connect with Anyone, and Never Feel Like You're Alone Again

Noam Lightstone

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The #1 Tool To FREE YOURSELF From Shame, The Feeling Of Not Being Good Enough, & The Fear Of Being Rejected

...Even if you've always been afraid of saying what's on your mind, and have massive social anxiety.

You don't feel safe. You feel like you need to hold on tight to everything that you've got inside. You feel like they're going to laugh at you, judge you, and reject you. But you want to talk to people and connect so badly...

Why are you so scared, then? **Why do you push them away?**

Have You Ever Opened up to Someone about Your Fears and Anxieties and Been Told To “Just Go to Therapy” Or “Just Be Confident?”

It's not your fault that this all keeps happening.

Because of certain events or traumas you went through in your past, your mind is creating mental traps and wastes like fear and anxiety. You then learned habits and tools to deal with them that your mind believes will **stop painful emotions** like rejection, heartbreak, sadness, and anger that you experienced before from ever happening again.

Sure, you can go to therapy like most books and people say to feel better—but a lot of times that's just a throw-away suggestion that's meant to get you to go away. **It feels like nobody cares.**

How You Can “Crack the Code” to Conquer your Fear of Intimacy, Feel Safe to Open Up, and More

Noam wrote a blog post that became the top resource on the avoider mentality on Google and **in his #1 bestselling book, *Mastery of the Mind***, he created a system to learn NEW tools and habits to undo the mental wastes that are holding you down.

Now, they've been combined together so you can overcome the avoider mentality **once and for all**.

N. Lightstone's book *How to Overcome the Avoider Mentality* teaches you:

1. **Where your avoider tendencies came from** and why avoiders do what they do.
2. **How to identify the bad habits and mental traps you're falling into without even knowing it** that are keeping you isolated, alone, and from connecting with anyone.
3. **How to overcome the 7 common mental traps avoiders fall into.**

In this book you will learn:

- How to be completely free of social anxiety, internalize that you're amazing as you are, and **know deep down that you deserve just as much love, intimacy, and affection as everyone else** (hint: it's all in your head).
- How to identify how many avoider tendencies you have with a simple and quick quiz.
- The REAL reason why you're so scared of your own emotions, connecting with others, being abandoned...and what you can do about it.
- Why you want intimacy and connection so bad, but are deathly afraid of getting them at the same time.
- 3 essential tools to **fast-track your progress in overcoming the avoider mentality**.
- How to **get out of those useless thought patterns** and shame spirals—the reason you get into them and the one simple way to step out of them.
- **How to let go of past traumas and events that still torment you** and hold you back.

Dating, Relationships, and Connecting with People Are about to Become the Most Powerful, Rewarding, and Beautiful Moments of Your Life

Right now you might feel alone and isolated. You might not like yourself, and might think other people don't either. **You want to be unconditionally accepted and loved for who you are—for people to care about**

you and understand you.

But it doesn't have to take years for that to happen. **You can start improving RIGHT NOW.**

Scroll to the top of the page and click the “buy” button now to experience a personal breakthrough as you conquer your fear of intimacy, learn how to authentically connect with anyone, and discover what it's like to never feel like you're alone again.

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