

# **The Paruresis Cure System**

(Teaser eBook)

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## Heard of paruresis?

The medical term may not be known to many but has affected seven percent of the world population.

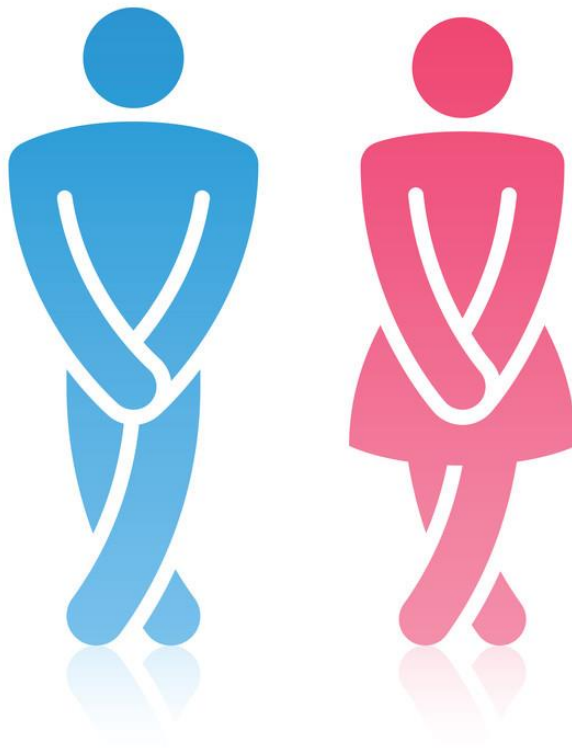


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*Paruresis is a feeling of anxiety and fear while urinating in public toilets or when someone else is around.”*

Think twice, as many of us ignore or do not understand our bodily reactions correctly and keep making excuses to sweep it under the carpet thinking that “*I need to live with it*”, while some on the other hand spend thousands of dollars in consulting psychiatrists and doctors.

**Well, the problem is real and curable!**



Most of the people hesitate to mention that they want to use restroom. But paruresis is a more serious problem. People suffering from paruresis feel restricted and obsess themselves over the fact that they cannot urinate normally when someone else is around. They feel nervous and suffer from low self-esteem when it comes to the thought of having to use a rest room in a public place.

A patient mentions...

*“I was not sure what it was, and felt more and more embarrassed to be judged by others. It became an obsession overtime and the anxiety increased to a level where I started to isolate myself. It badly influenced me, both personally and professionally”*

**To you and your friends suffering from bladder shyness  
Guys! We have a solution for you.**



***The best cure for a phobia is to face it.***

This book *The Paruresis Cure System* is your complete guide to resolve all your worries by helping you understand the psychological symptoms and preparing you to tackle this phobia **with a step-by-step scientific approach.**

Through various real examples and case studies, this book enables you to relate to your own case, understand and compare your bodily responses and therefore, helps you figure out as to where you stand.

Negligence or avoidance can deepen your troubles. Instead, read, follow and implement the methods described in the book to find a suitable solution to your bladder shyness.



This book is not a onetime read novel, but *a comprehensive solution to you anxiety and phobia related to using toilets in public. This helps you cure your nervousness by a structured approach.* It also offers a *7-day systematic plan* to eliminate paruresis though a tested approach and keeps you motivated with progress evaluation charts.

It would help you release your stress and live a normal life.

The process would instill confidence in you to overcome fear of humiliation from not being able to pee in public toilets.



**Do you want to put an end to your troubles due to bladder shyness?**

*Order your copy now to get rid of your urophobia through a simplified and easy to follow technique and live your life to the fullest.*

*This can make you stress-free and channelize your energy towards more important responsibilities. It's your way to health, success and happiness.*

