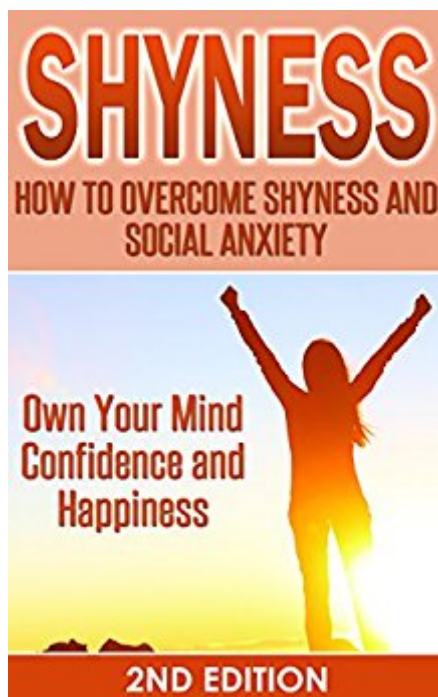


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# Shyness: How To Overcome Shyness And Social Anxiety: Own Your Mind, Confidence And Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2)



## Synopsis

WOULDN'T IT BE GREAT IF YOU COULD BE FREE FROM YOUR SHYNESS AND BE CONFIDENT ENOUGH TO STRIKE UP CONVERSATIONS? DON'T YOU THINK THAT OVERCOMING YOUR SHYNESS COULD CONTRIBUTE TO YOUR PERSONAL AND PROFESSIONAL LIFE? One of the secrets to success is the ability to relate well with other people. In an increasingly interconnected world in which communication has become paramount, shyness may become a hindrance to both your success and happiness. The good news is that you can start taking control of your own behaviour and take steps to overcome your shyness! Although many would say that you cannot let go of your true nature, everything is made possible if you set your mind to it. This book will teach you how to begin overcoming your shyness and realizing your true potential, both personally and professionally. Here is what this book will help you learn: Determining the causes of your shyness Identifying the triggers that cause your anxiety Taking control of your own reactions Owning Your mind Not only that, but you will have the guidance you need to do the following: Reprogram your triggers Visualize your success Refine your responses Take the necessary steps to break out of your shell and show the world what you are capable of! Do not delay. DOWNLOAD YOUR COPY TODAY!

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## Customer Reviews

Simply put this is an excellent book. I am so glad I gave this a shot. The book is full of great advice and is written in clear and kind english. Yes, some of the advice is common sense but I feel most of it will be new to you and the stuff that is common sense I find is reassuring to know that you are on the right track and not suffering alone. As with any book, this is not going to change your life without a lot of effort put in. This book is but a humble companion to guide you along your journey and push you in the right direction. I believe this book along with a good amount of courage and motivation will help change your life. I am 3 days into implementing this guide and feel more confident already. I will post and update when I have gone through and completed all the tasks and challenges. I have never considered myself to be particularly socially anxious or shy but when I happened across this book I was interested to read that some of my actions were those of someone who is not quite comfortable in social situations. The solutions that the author gives to these issues are well explained and encouraging and I will be practicing them as I go about my daily life. This book is not just another compilation of ideas and remedies thrown together and published, it is written straight from the heart. I truly recommend this book.

I purchased this book as a gift to myself. I like the friendly and casual tone of the author and makes me comfortable in reading the book. The author provides a comprehensive guide, different from what the direct methods I expect. Stereotyping is prevalent on the first part though, thatÃfÃâ â -Ã â,,çs why I am only giving 4-star rating. The book is also bombarded by walls of words, making it hard to read for long time. Still, I love this book as it improves my social skills and helps me overcome my unwanted shyness. Thank you!

I am a very shy type of person and as much as possible, I want to cure it. I want to boost my self-confidence and I know this book by Sofia Price can help me in numerous ways. Shyness is really not good and even can affect our relationship towards others or our performance at school or at work. This book has provided me lot of ways to cure my shyness. It is a step by step process but I am really looking forward to gaining my self-confidence. I believe that I have a lot in me to be

confident at and there is no reason to be shy at all. The next step is to put myself out there and apply everything that I have learned from this book. Everything will be good as useless if I don't take action. I will surely share this book to my friends. There are certain situations when they have to overcome their shyness and this book will surely help them. This is a well-written book by Sofia Price and I am ever so grateful that she wrote this book.

I purchased this book to find a way to overcome my shyness and gain a little confidence. It started to bother me because I can't enjoy fully even in the things I like. My voice weakens and I am tongue-tied. I thought that reading a psychological book is helpful and now I can say that it really is. I found very helpful tips and great strategies on how to overcome this condition. It is good to hear that there is nothing inherently wrong with being shy, only to a degree which it keeps you from truly embracing life and enjoying to the fullest. There is a good quiz inside of this book that really gave me a good perception of my shyness level. Another great chapter is the fifth one, talking about a story of two boys. I can write down a lot of other good things about reading this book, but the idea of writing this review is to say that shyness can be replaced with confidence. This book helped me find the true ways.

I am not a shy person, that's why I want to understand those who are. I sometimes have the impression that shy people just need a little encouragement, a little appreciation, for them to open up and be more enthusiastic and lively when interacting with others. Now I know better. Environmental and biological factors play a big part. However, what's important is that shyness can be overcome. Shyness is really not an issue unless it deters one from achieving one's goals. This book has practical tips on how to overcome shyness. Tips such as envisioning oneself as having more confidence, just doing the dreaded task (public speaking that is), keeping a journal of the triggers on being anxious, among others. A splendid book to help one overcome Shyness and Social Anxiety.

This is a short but sweet read on the topic of shyness. Social anxiety has become a catch-phrase for this generation. Whenever someone is hesitant about standing up in front of others or speaking to a group, the topic raises its ugly head. It's nice to know that a person can just simply be shy, and not have a chronic syndrome they have to deal with. This book talks plainly about simple shyness, and how to get over it. In addition to breaking things down simply and easily, this book offers suggestions on how to defeat your shyness. The author suggests things like

keeping a diary, to try to isolate the root causes of your shyness. It is also suggested that the reader may try to physically overcome some of the causes of shyness by concentrating on posture and overall health. There are portions of this book that are a little vague, and I would have loved to see more information given on the entire topic. However, it is an easy to read reminder that there are people out there who are suffering from their own, private maladies, and they need help in conquering them. This book earned four out of five stars.

If you are too shy you might think that is not making any difference on your social life since you might be perfectly happy this way but if you really think about it, you will discover that shyness has prevented you from participating in many things that you might enjoy. From this point you will find out the tough truth which is that your shyness is a wall blocking your way from being truly happy. The big question is "Shall you keep this wall?" Whether you decide to keep it or destroy it this book will provide reasons for going through this wall and get over your shyness to be able to do all things you like without any fear.

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