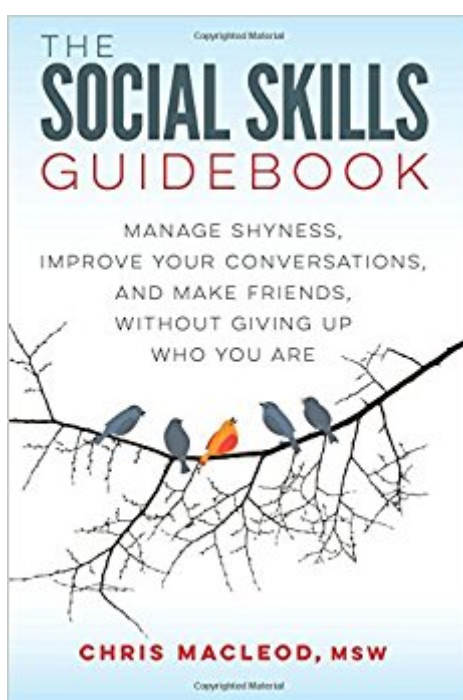


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# The Social Skills Guidebook: Manage Shyness, Improve Your Conversations, And Make Friends, Without Giving Up Who You Are



## Synopsis

You think your social life could be better. You've felt shy as long as you can remember. Your conversations have more awkward moments than you'd like. Maybe you don't need a ton of friends, but you'd like to have some people to hang out with on occasion. You want to make changes, but you don't know where to start. Lots of people have been in your shoes, so you're hardly a lost cause, and it's never too late to turn things around. The Social Skills Guidebook gives you insights into your interpersonal struggles and behaviors, and offers hands-on advice for developing and improving your people skills. The Social Skills Guidebook goes into detail about solving the three core areas that hold people back socially: 1) Mental barriers including shyness, social anxiety, and low self-confidence 2) Less developed conversation skills 3) A lack of friends and an unsatisfying social life If you look at the people who are socially comfortable in your school or workplace and want what they have, know that you can achieve social success like theirs without losing yourself in the process. You can remain true to your personality and pursue your favorite interests while conquering the attitudes that hold you back, improving your conversation skills, and learning how to make friends. With practice, time, and patience, you can create the kind of social life you want for yourself. The Social Skills Guidebook covers topics including:

- Changing counterproductive thinking that stands in the way of your social confidence
- Becoming comfortable with your social fears by facing them in a gradual, manageable way
- Improving your self-esteem
- Navigating the different parts of a conversation
- Getting past awkward silences
- Interacting in one-on-one and group conversations
- Learning how to listen to others and respond appropriately
- Identifying other people's nonverbal cues and being aware of your own
- Finding potential friends and making plans with them
- Deepening your friendships
- Keeping your progress going
- Improving your social skills if you have Asperger's syndrome

The Social Skills Guidebook is written by Chris MacLeod, the author of the extensive, well-visited, free site on interpersonal skills Succeed Socially. This book contains all of the site's key advice in a tight, organized, polished package.

## Book Information

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## Customer Reviews

Chris MacLeod runs SucceedSocially.com, one of the largest, most visited online resources on social skills. He struggled with shyness, loneliness, and poor self-confidence when he was younger. Once he had put the worst of those problems behind him he wanted to help people with similar issues get past them more easily than he did. He holds a B.A. Honors in Psychology, and a Master of Social Work, with a focus on counseling. He lives in Ontario, Canada.

This book won't tell you things like "be a good listener and interested in people" to make friends. It will not give vague answers like most social articles out there do. This book comes with direct answers to any social question I have ever had. Most of the information in the book is from the author's website, and it has helped transform me from an awkward, quiet, anxious person into someone who is comfortable conversing with anyone and who can easily make friends. I mostly bought this book to support the author and say thanks. The information has changed my life and can change yours too.

More intended for shy people, with a chapter for those with Asperger syndrome. I had hoped to have more of the latter.

Well written, comprehensive and coherent. Clearly the author put a lot of thought into writing this book!

nice book :)

Well written, easy to understand and this would be an ideal addition to high school and college resource centers. The book has value for all ages and stages of life. The author's website has been used extensively at our house and helped our son overcome some of his anxieties in social groups.

As parents it gave us greater insight and was a great starting point for conversations. Happy to see that he wrote this book!

Very helpful resource.

So far so good, this book will help me improve myself with my Aspergers.

I used this book in my work with an Asperger's woman, and it was extremely helpful to her!

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