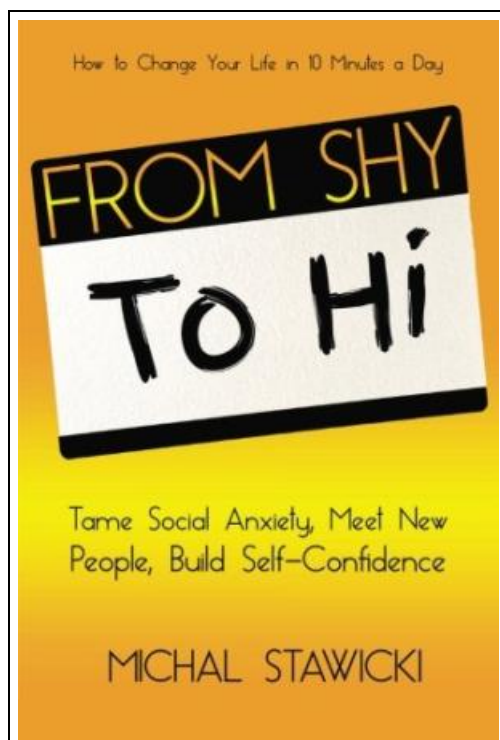


From Shy to Hi: Tame Social Anxiety, Meet New People and Build Self-Confidence



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FROM SHY TO HI: TAME SOCIAL ANXIETY, MEET NEW PEOPLE AND BUILD SELF-CONFIDENCE



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The quiet masses: the curse of being shy Shyness exists in every corner of the world, every level of society, every workplace and school, in boardrooms, bars, churches and bus stops, in places large and small. The digital age, with all the interconnection it offers, has only made things worse. For those living under the shyness curse, life can be discomfoting at best and terrifying at worst. While many people experiencing social anxiety simply resign themselves to the fact and retreat from social interaction, this need not be the case. OK, so I am shy. So what? That s just who I am. While shyness may seem just as much a part of you as your elbow, the difference between your elbow and your shyness is that you weren t born with your shyness. It was cultivated and fostered over the years (quite possibly unknowingly) through the processes of your (sneaky) mind. There is good news here for you. You might never succeed at thinking away your elbow, but you can apply your mind s amazing power to banish your social anxiety for good! I ve tried overcoming my shyness before, I am just not sure it s worth it. OK, so there are shy people who live content lives despite their affliction. But how many of them could honestly claim to have lived a truly full and rewarding life? Experiencing the full richness and beauty of our world requires some measure of confidence and the ability to create real, meaningful human relationships. In addition to receiving what others have to offer, those comfortable interacting with new people are also able to give of themselves...



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