



Overcome Shyness and Social Anxiety Shyness is a gift

By Ruth Searle PhD

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 176 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Excellent Read! Really takes the subject apart in a logical sequential way using language that is easily accessible while very well researched and up to date. Having shyness in the title makes the book seem a little lightweight and unsophisticated but it is anything but. Amazon reviewer (1st edition) The number of people with some form of shyness has increased, and research now suggests that up to 50 of people experience shyness or social anxiety. This fascinating exploration of evolutionary psychology and the brain aims to show that shyness and introversion is a naturally evolved human trait and that shyness rather than being a problem should be celebrated as the gift it is. Topics include: Ways to increase self-confidence and self-esteem Body language Practical ways to overcome shyness in social situations Techniques to cope with social anxiety, including behavioural therapy Tips for meeting and interacting with new people How to have a successful conversation Finding a romantic partner In this warm and comprehensive guide, Ruth Searle PhD, biologist, writer and former nurse, shows that being shy can be something to...



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin

Comprehensive guide! Its this type of very good read through. It is actually written in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Bernie Mante PhD