



**Shyness: Cure for Beginners - How to Overcome
Shyness and Social Anxiety: Solution and
Breakthrough for Shyness in Kids and Adults
(Shyness and Social Anxiety - Shyness Problem -
Being Shy Book 1)**

Craig Donovan

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Your shyness is a problem for your social life? Feeling isolated? Is it becoming a mental pain? It's time to react. This short guide will help you understand better this problem.

Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

This book will help you better understand Shyness and see how you can deal with it. It has been written as a general overview outlining the main things you need to know about this subject. It's a short read and a great start for people who know little about the subject.

Shyness can be defined as a feeling of discomfort or inhibition in social or interpersonal situations that keeps you from pursuing your goals, either academic or personal. Shyness results in excessive self-focus and worry, often preoccupation with your thoughts, feelings or physical reactions (accelerated heart rate, pulse, etc.). The degree to which shyness can create problems for people varies widely, from mild social awkwardness to debilitating social phobia. Very common is situational shyness, which refers to the phenomenon of becoming fearful or inhibited in certain situations.

The most typical situations that often trigger this kind of reaction are ones involving authority figures (teachers, administrators, leaders, etc.), potential one-on-one romantic or intimate encounters, having to initiate action in a group setting, or initiating social action in unstructured settings.

This book will help you understand and deal with this problem whether it is happening to you or to someone you know.

After downloading this book, you will learn...

- Chapter 1 - Shyness and Social Anxiety: Definition and Symptoms
 - Chapter 2 – Causes of Shyness
 - Chapter 3 - Short and Long Term Consequences of Shyness
 - Chapter 4 - Managing Unhelpful Thoughts
 - Chapter 5 - A Proven Set of Solution and Breakthrough in Getting Rid of Shyness
 - Chapter 6 - Top 3 Tools for Overcoming Shyness
- Much, much more!

Read what other people have to say

"Since College, I don't have the guts to join any clubs or whatever because I am a shy type person. When I became a mother, I realized that it's the time to eradicate shyness inside me. I decided to buy books that will help me with this thing. The good this is, I found this one. It truly helps me to discover some good things about me. I didn't know that I can be very good at public speaking. Now, I am a full-time speaker for our business club. This book really makes me a better version of myself."

- Camille Smith -

"If you feel that shyness is affecting your life in a negative way, you're not alone. In this book you'll learn the symptoms and causes of extreme shyness so that you can better understand why you're shy."

- Steve Banton -

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Start learning about Shyness and how to overcome it today!

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