



Overcome Shyness and Social Anxiety: Shyness is a gift

Ruth Searle PhD

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‘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 enjoy rather than to fear.

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