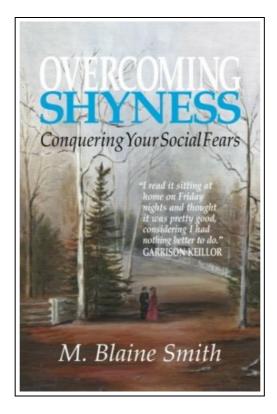
Overcoming Shyness: Conquering Your Social Fears (Paperback)



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Reviews

Complete information for publication enthusiasts. I have go through and that i am confident that i will gonna go through once more again in the future. Its been printed in an exceptionally basic way and is particularly just following i finished reading through this book by which basically altered me, alter the way i really believe.

(Angela Kuhn)

OVERCOMING SHYNESS: CONQUERING YOUR SOCIAL FEARS (PAPERBACK)



Silvercrest Books, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. It was the most terrifying experience of my life. It took most of the year to get up my resolve. Finally I sat down by the phone, a friend at my side coaxing me on. I began to dial the number . . . but then my finger pressed the receiver button and the call was canceled. This went on for several evenings. Wednesday night had a sense of now or never. If I waited any longer, it would be too late in the week. Finally, I completed dialing the number. Her father answered, and I asked if she was home. Now I was fully committed. I wondered if I would faint. Blaine Smith did get that date. Gradually he learned a lot about how to handle his shyness. Now he shares his insights and counsel with others show struggle with the pain of shyness and who see it holding them back socially, in the workplace-and even spiritually. Indispensable advice for: Sharpening your people skills Breaking the panic cycle Balancing faith and assertiveness Making shyness work for you Taking control (one half-step at a time) Tips for facing an audience As a shy person myself, I found countless reasons for hope in Overcoming Shyness. Blaine offers detailed, practical helps-always authentic, never gimmicky or artificial. All the shy people in the world owe Blaine Smith a tremendous debt of gratitude for writing this book. STEPHEN A. HAYNER, Ph.D., President, Columbia Theological Seminary, former president InterVarsity Christian Fellowship I didn t buy this book. Somebody gave it to me. I d rather not say who. I read it sitting at home on Friday nights and thought it was pretty good, considering I had...



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