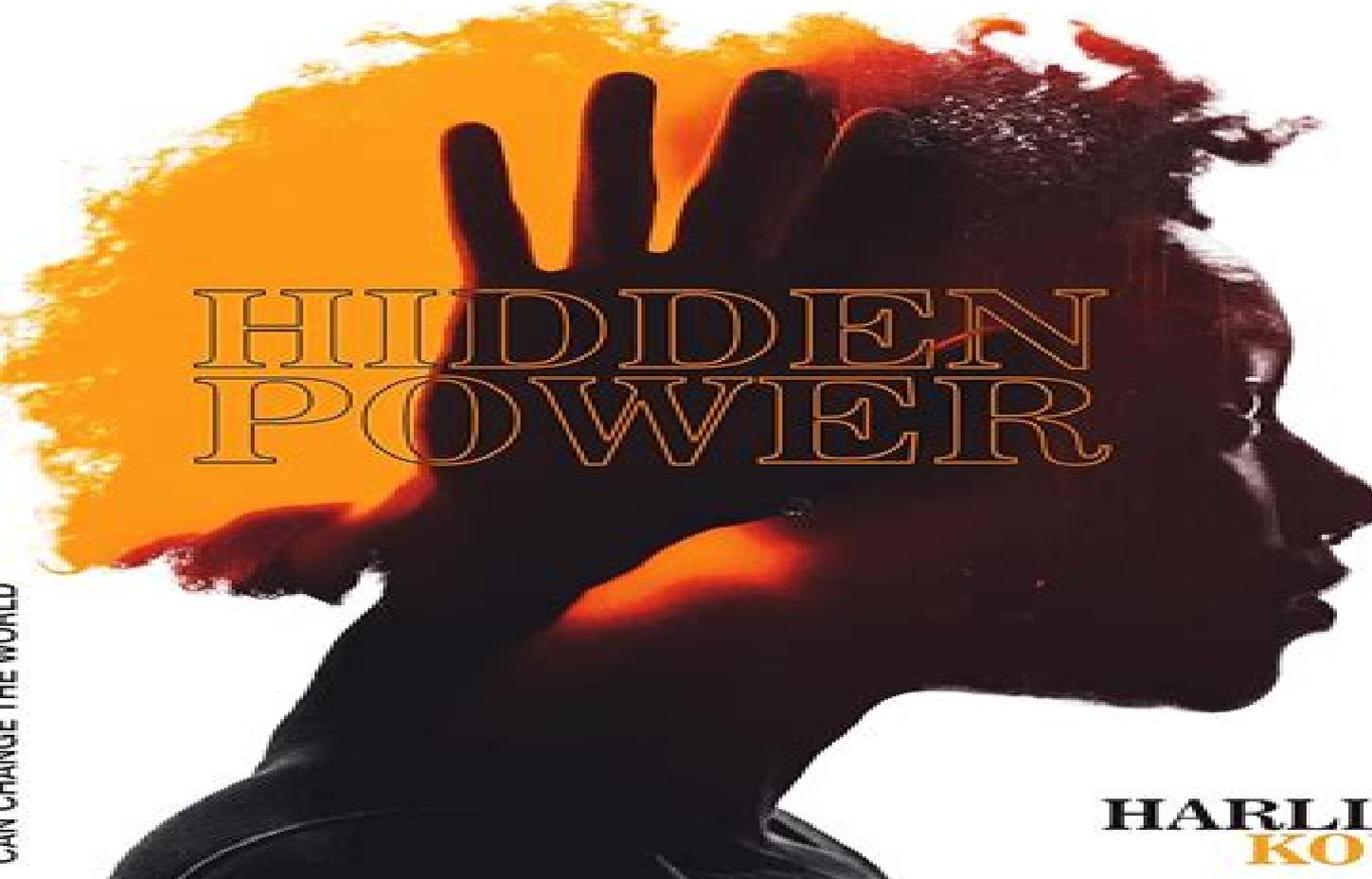


BEYOND SHYNESS

THE 4 TYPES OF INTROVERT.
WHICH ONE ARE YOU?

HOW UNDERSTANDING AND CELEBRATING INTROVERSION
CAN CHANGE THE WORLD



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Beyond Shyness:

BEYOND SHYNESS: HOW TO CONQUER SOCIAL ANXIETY STEP Jonathan Berent,2011-05-24 Through interactive exercises and supportive encouraging words Beyond Shyness gives shy people a new chance in the social world Almost everyone feels shy or slightly stressed in certain kinds of situations with new people on a job interview or on a first date Jonathan Berent has helped thousands who suffer from shyness become calm confident and socially adept He shows how even extremely shy people can overcome the low self esteem and frustration that settle in after years of social disappointments and rejection and gradually move toward mastery of the situations they find most difficult Learn about treatment for adults teenagers and children with special advice for parents Practice specific goal setting exercises and new treatment techniques Overcome symptoms that block careers relationships and personal fulfillment Conquer the entire range of problems from mild shyness to crippling social phobias Achieve lasting self esteem Through interactive exercises and supportive encouraging words Beyond Shyness gives shy people a new chance in the social world a chance at ease in situations that have long been agonizing Berent shows how to instill a healing confidence and replace rejection with real self respect

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