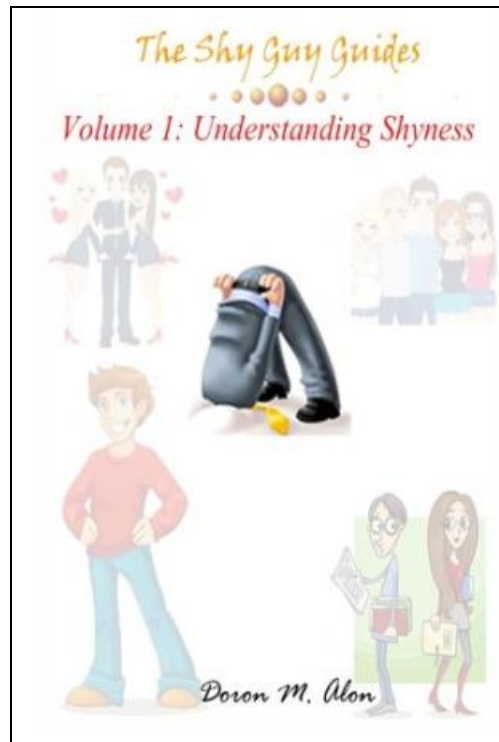


## The Shy Guy Guides: Volume 1: Understanding Shyness



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### **Reviews**

*It is one of my favorite publications. It is really interesting through the studying period. Your life period will probably be transformed once you start looking at this book.*

*(Janie Schultz 1)*

## THE SHY GUY GUIDES: VOLUME 1: UNDERSTANDING SHYNESS



Numinosity Press, Incorporated, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Shyness is tough, isn't it? It sure was for me. It prevents you from truly enjoying the moment when you are in social situations . What's worse, is that people pick up on your shyness and often misinterpret it as being aloof or antisocial. Being labeled those things is horrible and downright insulting. If only you could get outside of yourself long enough to show them that it's not true. Shyness is all pervasive, you are certainly not alone in this world, even if you might think that you are. Some studies suggest that about half of people experience some form of shyness. That number is likely to grow due to technological advances. When I was a kid in the 70s and 80s you had to actually go outside and play, you actually had to go up to people. I know, weird right? Nowadays, social interaction can take place without the, well, social interaction. It's for this reason you will find people can say what they want online but will seldom do so in person. Sound familiar? But it doesn't have to be that way, despite technology, we still need to interact face-to-face. You can't date yourself, and, well, a blowup doll can't exactly give you the mental stimulation you need either. Your shyness must be dealt with. Until now, the shyness has dealt with you. In these guides, we will go over ways to defeat your shyness.



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