



## Shyness Junkie: How to Overcome Shyness (Paperback)

By Howie Junkie

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From the Desk of the How-To Junkie for the Shyness Junkie Howdy friend, who wants to overcome shyness, Shyness is like a disease that deteriorates your quality of life to feeling helpless and useless. Take for instances: - Do you not have many friends (or none for that matter) because of your shyness? - Do you flee in the presence of the opposite sex because you sweat and get nervous? - Do you miss opportunities to get ahead because you re afraid to make the first move? Being shy is the number one cause for our lack of initiatives when comes to connecting and networking with our fellow men or women for job, friendship, relationship, and, above all, success. As a result, this contributes to our social anxiety, which is triggered upon being around others due to our own inner fears and insecurities of being judged in how people may perceive us - which is not case to at all. The fact is, other people are also occupied wondering about how they are coming across than to be judging you. When it...

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