



The Shyness Solution: Easy Instructions for Overcoming Shyness and Social Anxiety

Catherine Gillet

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Proven advice for dealing with shyness--in any situation!

Do you ever agonize over party invitations? Steer clear of acquaintances at the grocery store? Let everyone else drive the conversation, even when you've got something important to contribute? With *The Shyness Solution*, you can learn to accept and embrace your shyness in more effective ways:

- **Too Shy?** - A questionnaire helps you determine not only the level of your shyness, but your strengths and weaknesses as well.
- **Subtle Charm** - Bashful people can be alluring! Learn techniques to draw people to you.
- **Once Bitten** - Burned by love in the past? Your current reserve could simply be a defensive reaction to a past relationship.
- **Life of the Party** - Play up the mysterious aspect of your shyness, and you'll find yourself the center of attention after all.

Whether you're working with colleagues on a project, developing a new relationship, or socializing with guests at a party, you will feel at ease in your own skin and be able to confidently interact with those around you.

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