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[Amazon.ca: overcoming shyness: Books](#)
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EL-Method: Overcoming shyness, fear of public speaking, insecurity, low self-esteem, stage fright, excessive facial blushing and any other social anxiety disorder.
[The 10 Best Books For Social Anxiety - Shyness](#)
If you're looking for the top books to help you overcome social anxiety, then you've come to the right place. As someone who suffered with really bad social anxiety, I managed to overcome my issues by studying everything I could find relating to shyness and social anxiety.
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Parents of shy children worry, and with good reason. Shyness can interfere with a child's growth, development, school performance and social experiences.
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[Shyness: What It Is, What To Do About It, Book by Philip G ...](#)
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Step-by-step guides to self-improvement that introduce the methods of the highly regarded cognitive behavioral therapy technique to help readers conquer a broad range of disabling conditions—from worry to body image problems to obsessive compulsive disorder and more.
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Parents of shy children worry, and with good reason. Shyness can interfere with a child's growth, development, school performance and social experiences. Statistics show that 20% of children are born shy, and another 20% develop shyness. Parents who are shy themselves feel great compassion for their shy children but tend to contribute to the
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Drawn to her shy, sweet ways, the intense man responsible for leading the state of Texas knew he wasn't the kind of man a woman like View Product [x] close

Brave: A Painfully Shy Life

Memoirist Helen Rivas-Rose's award-winning publication of *Brave: A Painfully Shy Life* is the powerful and illuminating account of her own severe shyness and path she took to overcome it.