

The Shyness Solution - Catherine Gillet

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Do you ever . . . agonize over party invitations? Let everyone else steer the conversation, even when you've got something important to contribute? With The Shyness Solution, you can learn to accept and manage your shyness in more effective ways. Shyness is not something you need to overcome, defeat, conquer, or eradicate. Embrace your shyness, and you'll make it a positive part of your personality! Author: Gillet, Catherine Publisher: Adams Media Illustration: N Language: ENG Title: The Shyness Solution Pages: 00105 (Encrypted EPUB) On Sale: 2011-12-15 SKU-13/ISBN: 9781593375362 Category: Self-Help : Personal Growth - General

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