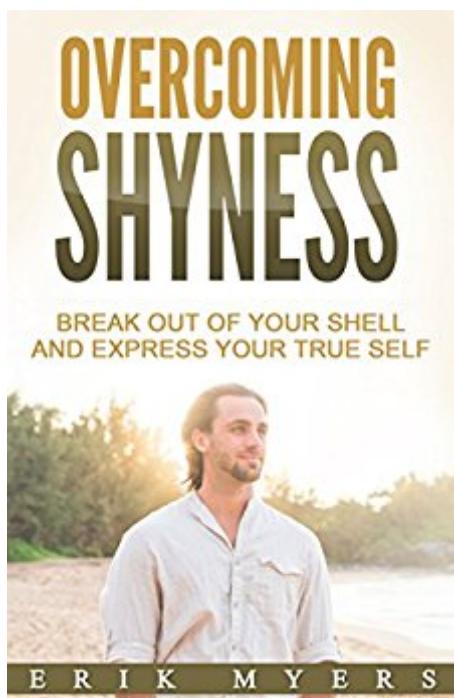


The book was found

Overcoming Shyness: Break Out Of Your Shell And Express Your True Self



Synopsis

Overcoming Shyness is an easy-to-read, practical guide for breaking out of your shell and really living a life free of social anxiety. It's divided into two sections. The first section on mindset explores lifestyle changes, new ways of thinking, and using imagination for you instead of against you to expand your identity and know your true self. Journaling and psychological counseling are recommended as well as finding mentors and an online community, such as the author's. The second section on back pocket tips provides several tools and techniques, such as smiling, the ABCs of body language, the 3-foot rule, the 4 magic words to initiate a conversation and the key to maintaining it, active listening, and the secret sauce, that are guaranteed to get you out of your cramped shell and into the exciting world of social interaction. The author writes from experience with compassion, wit, and insight so that you feel like you're having a heart-to-heart conversation with an understanding friend.

Book Information

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Customer Reviews

This simple book will have a major impact if you are looking to break out and overcome the fear that

is behind social shyness. The author sets very clear expectations in the Introduction, and then goes about delivering on that promise. Half the book deals with the Mindset necessary to overcome shyness, and the second half of the book delivers a "Back Pocket Toolkit" of practical tips for use in real life situations. When you are able to "take the mirror away" and start focusing your effort and attention on the listeners and viewers in your life, and not being self-focused as most shy and introverted people are - you will start blossoming into the person you always knew was hiding inside of you. This is a no-nonsense book that will help you transform your thinking and your actions and it will help you become as outgoing as you wish to be.

A fellow introvert at heart, I found this book empowering. I'm always working to push past shyness and find confidence in social situations. How wonderful timing finding this book as I venture out into public speaking and break out of my own shell and being true to myself!! After reading, I'm ready to now begin my own journey and transformation. Thank you Erik for sharing your story. I love your uplifting message and authentic spirit!! Highly recommended read.

You may never have considered yourself to be a shy person, but even so there is so much to gain by reading this book. It gives some very simple, practical and useful techniques for boosting confidence before you walk into that meeting or interview, or in any other situation. I also liked the friendly, easy attitude by an author who hasn't just researched and thought about what he's showing you how to do, he developed it to overcome his own agonizing shyness. I think this book would be especially helpful for teachers and parents of young children who need ways to naturally build up their confidence and self-esteem. The book isn't directed to children or teens, but the techniques in it are simple and memorable enough for a child to learn and be able to use effectively. And yet there's plenty of meat here for adult readers. Far beyond overcoming shyness, Erik Myers shows how to reach deep within yourself and develop the mental toughness to succeed in being who you are truly meant to be. A great read! I will certainly be recommending it to friends, especially the ones who are parents and grandparents!

Wow! What insight! Life can be intimidating for the best of us, but when you have a hard time interacting with people day to day, it can be even harder. Although I would say I am a shy person, this book helped me to learn skills and tips that will encourage me in my endeavors as a MLM Distributor and in life in general. I definitely recommend this book to any and all people! You will benefit from it, I promise!

GREAT READ! Shyness should not define you and Mr. Meyers teaches you how to be about to express your true-self through a breakthrough moment and being mindful. He was able to completely transform himself from being a shy person into a public speaker. Very inspirational.

I'm someone that doesn't have social anxiety nor am I introverted. But at times I have been afraid to really open up and truly be myself. This book is short, sweet, to the point, and VERY helpful! I think it has some great tips in it whether you feel paralyzed just trying to talk to a stranger, or you are comfortable around others. Thank you for sharing this with the world, Erik!

You know how self-help or more importantly "overcoming" books are! Well, if you have read them then you would know that they can be daunting and pressurizing. As much as they are helpful, of course only after you are done finishing the entire book, you would know how much of a help it was but by the time you start to put things into action or summarize the mantras, you are already bored and on to your next self- help book. This one is nothing like that. For the very reason, Erik as a writer doesn't really write this one to impress you with how much he knows about psychology or how voracious a reader he has been in the self-esteem section, but the tone of Erik in each page is Ernest and the intent, pure. I finished reading this book first time when I read it in 1 hour 30 mins. This was my personal best record at reading anything. I am an advocate for authentic living so trust me when I say I don't even finish reading interesting articles this fast. The only reason this happened was ÄjÄ- haÄjÄ- the words used are very easy to connect with. The techniques used aÄjÄ- e very easy to follow as it comes from a place of knowingness. Having dealt with shyness and having overcome it, Erik gives an insider point of view on this topic. What really stands out is how unpretentious this book is. The approach towards overcoming demons into your head to absolutely exposing himself to life and then again in this book one more time while presenting it to the world is fascinating. As an audience my connect was not on the perfection or the verbal prowess, grammar nazi ÄjÄ- haÄjÄ- I am but truly on what the next chapter is going to be after... A must read for anyone who wants a breakthrough and for someone like me who is not an introvert but finds it hard to kick start anything, I personally would recommend reading this book so as to at least jump start the process ÄjÄ- owards a breakthrough. Thank you Erik for such a powerful approach presented in the most Ernest simple way.

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Overcoming Shyness: Break Out of Your Shell and Express Your True Self Shyness: How To

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