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### **Goodbye to Shy downloadLibrary OverDrive**

If you could just say "goodbye" to being shy, you could get on with enjoying people, situations and life! Author Leil Lowndes knows firsthand how excruciating shyness is. I remember standing on the sidelines at parties wishing my dress matched the wallpaper to make me invisible, she says.

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The book Goodbye to Shy: 85 Shybusters That Work helps readers in facing everyday lives with full confidence and brighter perspectives. It determines the source of shyness, the effects of being shy and introduces possible remedies to achieve a shy free life.

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"Goodbye To Shy" is her direct response, with easy-to-follow techniques gleaned from clinical studies, research, and Lowndes' own experience. Her refreshingly practical system is filled with "do it now" tips to help you deal with social situations, sweaty palms, voice control, and overall self-confidence.

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Description : Say Goodbye to Being Shy is a book for children who struggle with extreme to occasional shyness. Shyness is a barrier to social and academic development which can prevent children from reaching their greatest potential.

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