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â€¢ look at ways you can help yourself to overcome shyness or social anxiety. Shyness and social anxiety are common problems that affect both men and women.

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Stop Your Shyness

Part Two: Helping Yourself Overcome Shyness and Social Anxiety 61 Chapter 6. Four ... you choose to triumph over shyness, this book will help you break free.

Triumph Over Shyness: Conquering Social Anxiety Disorder

Fortunately, there are some effective strategies to overcome shyness and social anxiety and gain confidence:
1. Act confidently. Confidence comes through action, ...

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