



# 100 Ways to Overcome Shyness: Go From Self-Conscious to Self-Confident

By Barton Goldsmith PhD, Marlena Hunter MA

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## 100 Ways to Overcome Shyness: Go From Self-Conscious to Self-Confident

By Barton Goldsmith PhD, Marlena Hunter MA

Deal effectively with difficult people

If you feel your shyness has held you back and prevented you from living a full life, *100 Ways to Overcome Shyness* will give you the tools you need to change your life, once and for all.

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