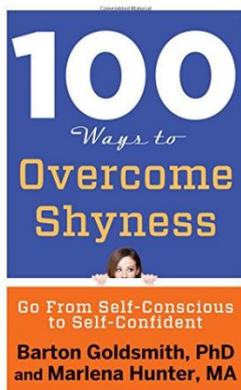


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## 100 WAYS TO OVERCOME SHYNESS: GO FROM SELF-CONSCIOUS TO SELF-CONFIDENT



Career Press, United States, 2015. Paperback. Book Condition: New. 210 x 133 mm. Language: English . Brand New Book. 100 Ways to Overcome Shyness is a powerful collection of useful information, case studies, and exercises on how to manage your shyness so you can communicate with people you don t know very well (or at all) in a wide range of personal and professional settings and circumstances. Easy-to-use conversation starters are interspersed with lists and exercises throughout the book. There...

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- Authored by Barton Goldsmith, Marlena Hunter
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