



Shyness & You: Simple Three Step Formula For Increasing Self-Confidence & Mastering Shyness

Joel Johnson

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Use the formula contained in Shyness & You before you even buy the book.

1. Focus your mind on a recent social event that made you so nervous you felt your heart was going to burst. What was it you were thinking that made you so nervous?

Now think about what it would take to cruise through the same event without batting an eyelid. How would that change the way you behave? Use the power of your imagination to visualise yourself with supreme self-confidence.

2. Identify specific things you could do differently to achieve this result. Isolate particular tasks and focus on them to the exclusion of everything else. But no heroics, just concentrate on what needs to be done. Small things like asking a question or smiling more or looking people in the eye. Simple but powerful.

Now go and do it.

3. Note down the things that work and those that don't. Carry on doing the things that work and either modify the things that don't and try them again, or ditch them. And remember to concentrate on your primary task(s) to the exclusion of everything else.

Feel your confidence grow as you focus more intently on the things that work.

It's a simple formula, but you'll be shocked how quickly you can change everything. Then come back here because you can find a lot more where that came from in Shyness & You.

Here are the contents of the book:

Introduction

Chapter One: Shyness & You - The Context

Chapter Two: Are You Shy?

Chapter Three: Why Are You Shy & Why Do You Lack Self-Confidence?

Chapter Four: Shyness For A Positive Self-Image

Chapter Five: How To Master Shyness – Small Beginnings

Chapter Six: Your Plan Of Action

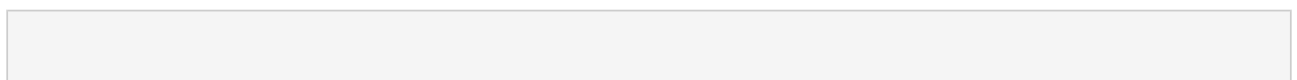
Chapter Seven: A More Dynamic Approach

Chapter Eight: Take Yourself Out Of The Equation

Chapter Nine: Dating & Relationships

Chapter Ten: Essential Principles

Conclusion



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