



Goodbye to Shy: 85 Shybusters That Work!

Leil Lowndes

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Say hello to new friends, new business opportunities, new love, and new confidence

Okay, so you're shy. Here are 85 proven techniques to help you conquer your shyness and change your life for good. No psychobabble. No nonsense. These tested "ShyBusters" prepare you for that upcoming party, work function, interview, date, and the rest of your life.

As someone who overcame debilitating shyness herself, professional speaker Leil Lowndes used this method to become a confident woman who has been interviewed on hundreds of TV and radio shows and has spoken to crowds of 10,000. You'll soon be making "fearless conversation" with people who used to intimidate you. You'll learn how to win the love you deserve and ask for whatever you want. You will overcome embarrassing stammering, sweating, clamping up, and wishing you were invisible.

Goodbye to Shy will show you how to

- Make a stronger impression at work, at parties, in any situation
- Feel more relaxed around people, make eye contact, and spark conversations
- Boost your career, jump-start your social life, and open your heart to new possibilities

Say goodbye to shy?and hello to the happy, loving, confident person who's been hiding inside you.



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Viola Coghlan:

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Steven Williams:

A lot of people always spent their own free time to vacation or maybe go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day every day to reading a e-book. The book Goodbye to Shy: 85 Shybusters That Work! it is extremely good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. If you did not have enough space bringing this book you can buy typically the e-book. You can m0ore very easily to read this book from your smart phone. The price is not too costly but this book provides high quality.

Adrian Johnson:

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