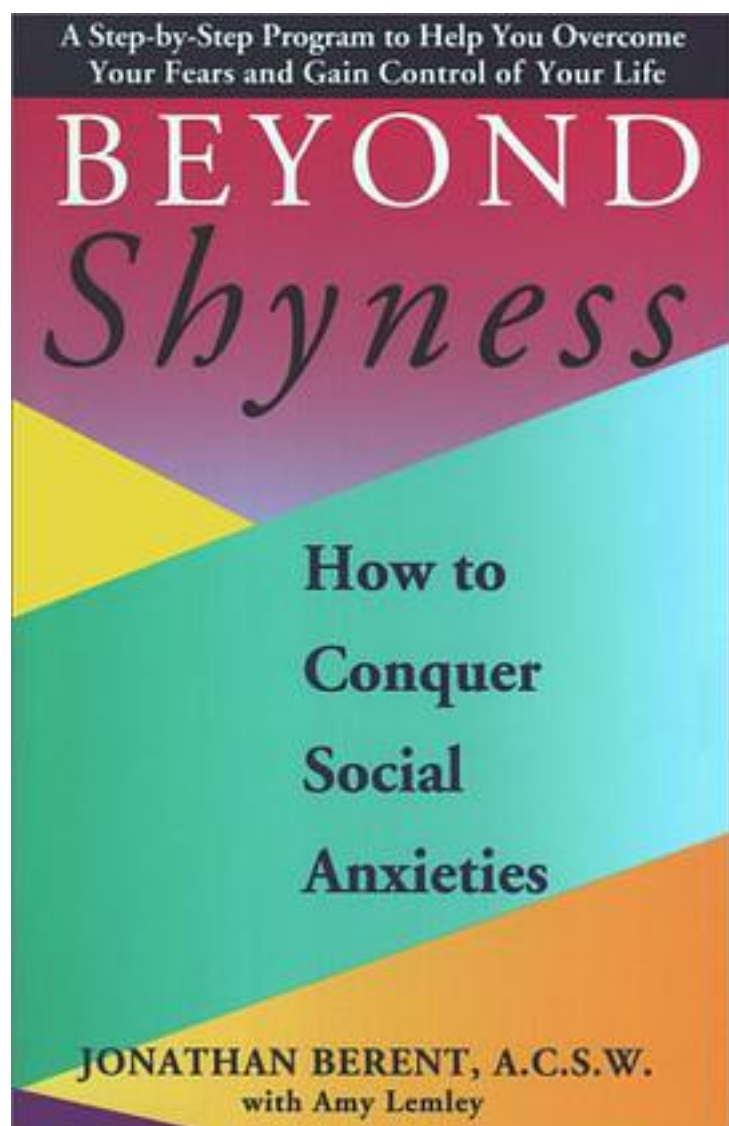


Beyond Shyness



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Replace Rejection and Fear with Self-Respect Almost everyone feels shy or slightly stressed in certain kinds of situations -- with new people, on a job interview, or on a first date. Jonathan Berent has helped thousands who suffer from shyness become calm, confident, and socially adept. He shows how even extremely shy people can overcome the low self-esteem and frustration that settle in after years of social disappointments and rejection, and gradually move toward mastery of the situations they find most difficult.* Learn about treatment for adults, teenagers, and children (with special advice for parents)* Practice specific goal-setting exercises and new treatment techniques* Overcome symptoms that block careers, relationships, and personal fulfillment* Conquer the entire range of problems -- from mild shyness to crippling social phobias* Achieve lasting self-esteem Through interactive exercises and supportive, encouraging words, "Beyond Shyness" gives shy people a new chance in the social world, a chance at ease in situations that have long been agonizing. Berent shows how to instill a healing confidence and replace rejection with real self-respect.

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目录:

[Beyond Shyness_ 下载链接1](#)

标签

41

评论

[Beyond Shyness_ 下载链接1](#)

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[Beyond Shyness_下载链接1](#)