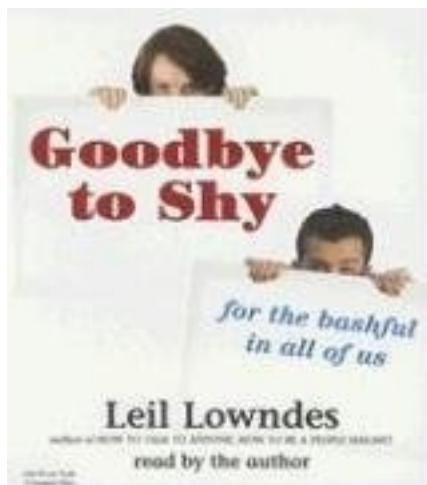


Goodbye to Shy - for the Bashful in All of Us



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As a renowned speaker on interpersonal relationships, Leil Lowndes is most often asked about shyness and how to get over it. *Goodbye to Shy* is her direct response, with 100 easy-to-follow techniques gleaned from clinical studies, research, and Lowndes' own experience. Her refreshingly practical system is filled with "do it now" tips to help you deal with social situations, sweaty palms, voice control, and overall self-confidence.

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