



# **BEYOND SHYNESS: HOW TO CONQUER SOCIAL ANXIETY STEP: How to Conquer Social Anxieties**

*Jonathan Berent*

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Through interactive exercises and supportive, encouraging words, *Beyond Shyness* gives shy people a new chance in the social world.

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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