

**A PRACTICAL WAY TO GAIN
CONFIDENCE AND FEEL BETTER**

Teach[®]
Yourself

The **BEATING SHYNESS** *workbook*

- Assess where you are now
- Set goals you want to achieve
- Learn to express yourself
- Monitor your progress
- Develop at your own pace



Dr. Dena Michelli

The Beating Shyness Workbook A Teach Yourself Guide

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