



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, clamming up, and wishing you were invisible.

Good-Bye 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 *Good-Bye to Shy*--and hello to the happy, loving, confident person who's been hiding inside you.

Goodbye to Shy: 85 Shybusters That Work! Details

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From Reader Review Goodbye to Shy: 85 Shybusters That Work! for online ebook

Cagne says

Decently practical, contains a good number of advice. Based on gradual exposure method, offers non-medicated readers a program of steps, I will recommend it around to sad shy people.

I liked:

- the mental diet bit, on halting chains of negative thoughts through listening to positive/involving audio things
 - the bit about shyness and it's origins, with a mention of situational shyness and social avoidance types
 - the bit about emotional needyness and enhanced feelings from shy people
 - the 100 questions to interview yourself put in the end, to work on
-

Richard Stephenson says

Fun, greater narration by the author, and some useful bits. Nothing too terribly ground-breaking, but that's probably just because I've been making it too hard! lol

Kirsten says

maybe good for fourth graders, etc.... And unlike the book, I personally do think telling people I'm shy helps ! I embrace my shyness, when you tell people you're shy they usually just get you more, and see you as less intimidating, also I think it just comes off kind of cute. Telling people I'm shy makes me feel more comfortable with my shyness.

Nathan says

There is a lot of trite advice, but the book also covers some basic cognitive behavioral ideas.

It would be very useful for someone who is just starting to work on their shyness.

For anxiety sufferers, I would recommend a CBT workbook in addition to it. I would recommend "Shyness and Social Anxiety Workbook" or "Cognitive Behavioral Therapy Workbook for Dummies."

Cagne says

Decently practical, lots of good hints. Based on a progressive exposure method, offers listeners a program of steps, I will recommend it around to sad shy people.

I liked:

- the mental diet bit, on halting chains of negative thoughts through listening to stuff

- the bit about shyness and it's origins, with a mention of situational shyness and social avoidance types
 - the bit about emotional needyness and enhanced feelings from shy people
-

Karla says

Tips for those who are socially awkward, in other words everyone. Some are goofy, some are helpful. To each their own I guess.

Depoy says

buku tentang 92 trik menuju kesuksesan. Leil lowndes mengajak pembacanya utk berpikir secara lebih praktis. Tips n tricks yang diberikan lebih applicable kalau dibandingkan dengan buku dg author dale carnegie yang terkenal itu (how to win friends and influenced people)i think "how-to"nya lebih ngena! (siapa tahu how-to nya bisa di franchise-kan?)

Nicko Gibson says

=(

Selkie says

For the most part, I think most self-help books are useless, but this one did have some helpful hints. Even though they may seem a bit off-the-wall, they do work.

A great book for people training for high-profile positions

Anamarija says

First half of the book has some really good advices (which I will use). Second half concentrates more on love relationships, how to meet someone and how to raise your future kids not being shy. Also, I can't believe that Croatian edition came out this year. This book is old (2006) , I mean, in the field of self-help or so called psychology, 8 years is a lot and I doubt that there aren't better books to translate.

p.s. There are a lot of empty pages, design that irritates.

Ova knjiga je kod nas prevedena kao "**Kako razviti samopouzdanje**". Prvi dio ima nekih zaista dobrih savjeta, koje ?u koristiti ubudu?e. Drugi dio knjige se više posve?uje na ljubavne veze, kako upoznati nekoga ako ste sramežljivi i kako prepoznati i odgojiti sramežljivo dijete.

Tako?er što moram spomenuti, ne mogu vjerovati da je kod nas ta knjiga izdana tek sada. Po meni, 8 godina je dugo vremena za ovakvo nekakvo podru?je, a osim toga sumnjam da nema boljih knjiga iz podru?ja samopomo?i i te tzv. popularne psihologije da se prevedu na hrvatski.

p.s. I postoji puno praznih stranica, to je dizajn koji me iritira.

Iman Fadan says

Finally i've finished this book lol

Adriano Ariganello says

This is a short book with lots of actionable steps that really amount to putting yourself out there. It really does assume that you have crippling shyness. I'm an introvert at heart, but I feel a lot of these examples would have prevented me from even going outside.

Ashley says

I am really not sure if this will actually help, or if shyness is actually my problem. I may just not like to talk to people. Most of the suggestions in this book seemed ridiculous and I really am sorry I picked up this book.

Chelsea says

I'm not the target audience since I'm not really shy, but there were a few helpful tips.

J says

At a certain point in my life, I became incredibly shy around new people. This book was great, because I could skip around to the parts that were useful to me. It really did change me from a cripplingly shy person in new situations into someone who knows that there's nothing to fear when meeting new people. From time to time I've had people mention that I wouldn't know what it's like to be shy, seeing as how outgoing I am. But I have to laugh, because I know how badly I needed this book and how different my life might have been without it.
