



# Coping Successfully with Shyness (Overcoming Common Problems)

*Margaret Oakes, Robert Bor, Carina Eriksen*

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Everyone feels socially awkward at times, but for some people shyness can become an overwhelming problem, limiting social and career opportunities, and severely restricting life goals. Rooted in cognitive behavioural therapy (CBT) techniques, *Coping Successfully with Shyness* is packed full of advice on what to do if you feel disempowered or embarrassed. It looks at how to understand and manage those feelings of discomfort, and how to rebuild confidence in a lasting way.

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