



# Shyness: The Ultimate Teen Guide (It Happened to Me)

*Bernardo J. Carducci Ph.D, Lisa Kaiser*

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Although shyness is a very common trait and almost everyone experiences it at some level, it's often misunderstood. That's because few of us ask about the frustration, anxiety, pain, and triumphs in the life of a shy person. These experiences remain hidden, and shy people may feel that nobody wants to know what's going on in their hearts, minds, and souls. Their silence often isolates them.

In *Shyness: The Ultimate Teen Guide*, Bernardo J. Carducci and Lisa Kaiser help young adults address a concern that millions of teens around the world experience. The authors emphasize that shyness is not a character flaw that needs to be cured, or that shy people need to remake their personalities and suddenly become extroverted. Instead, this book provides tips and strategies to help shy teens control their shyness by changing the thoughts, feelings, and behaviors that hold them back from reaching their true potential. Chapters in this book look at

- myths about shyness
- what makes people shy
- what it feels like to be shy
- how shyness affects identity
- how shy teens can meet people and make friends
- how shy people can tackle some of their biggest fears, like dating
- challenges beyond high school, such as leaving for college and developing a career

Throughout this book, teens learn that the best-kept secret about shyness is that there's nothing wrong with it. Designed to help readers understand and gain a greater appreciation for who they are, *Shyness: The Ultimate Teen Guide* will teach young adults—and those closest to them—what it means to be successfully shy.

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