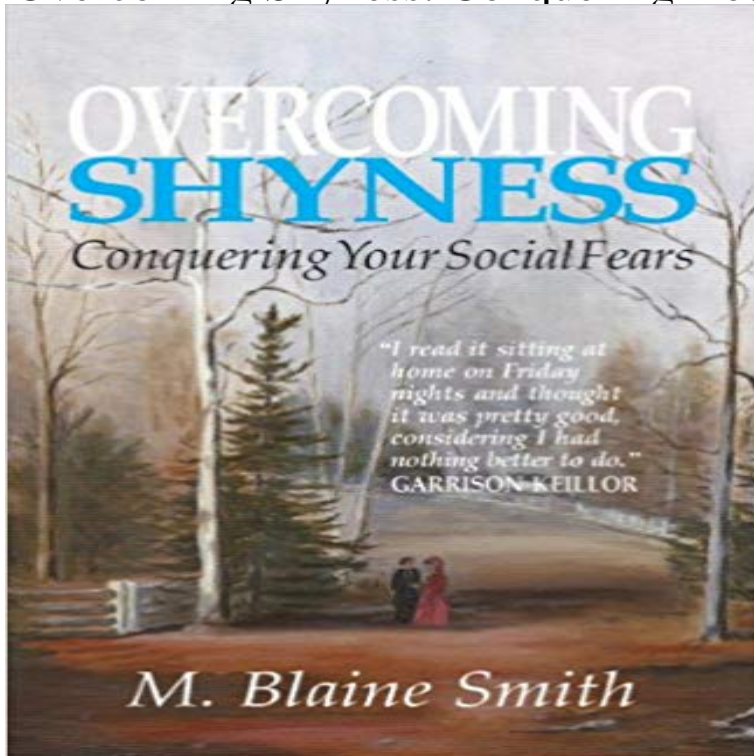


## Overcoming Shyness: Conquering Your Social Fears



It was the most terrifying experience of my life. It took most of the year to get up my resolve. Finally I sat down by the phone, a friend at my side coaxing me on. I began to dial the number . . . but then my finger pressed the receiver button and the call was canceled. This went on for several evenings. Wednesday night had a sense of now or never. If I waited any longer, it would be too late in the week. Finally, I completed dialing the number. Her father answered, and I asked if she was home. Now I was fully committed. I wondered if I would faint. Blaine Smith did get that date. Gradually he learned a lot about how to handle his shyness. Now he shares his insights and counsel with others who struggle with the pain of shyness and who see it holding them back socially, in the workplace and even spiritually. Indispensable advice for: Sharpening your people skills Breaking the panic cycle Balancing faith and assertiveness Making shyness work for you Taking control (one half-step at a time) Tips for facing an audience As a shy person myself, I found countless reasons for hope in *Overcoming Shyness*. Blaine offers detailed, practical help—always authentic, never gimmicky or artificial. All the shy people in the world owe Blaine Smith a tremendous debt of gratitude for writing this book. STEPHEN A. HAYNER, Ph.D., President, Columbia Theological Seminary, former president InterVarsity Christian Fellowship I didn't buy this book. Somebody gave it to me. I'd rather not say who. I read it sitting at home on Friday nights and thought it was pretty good, considering I had nothing better to do. I don't go along with all he says about being more assertive, but what do I know? Maybe a person should be. Scripture says that the meek shall inherit the earth. Do we want to? I don't know. But we are going to, then this book would probably help us run things, assuming we accept the deal. Well

see. GARRISON KEILLOR, humorist, creator, A Prairie Home Companion Author, Lake Wobegon Days This edition of Overcoming Shyness is a reprint of the original by M. Blaine Smith, first published in 1993 by InterVarsity Press. Smith, a Presbyterian pastor, is author of nine books, including Marry a Friend, Knowing Gods Will, and Should I Get Married? He is director of Nehemiah Ministries in the Washington, D.C. area.

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