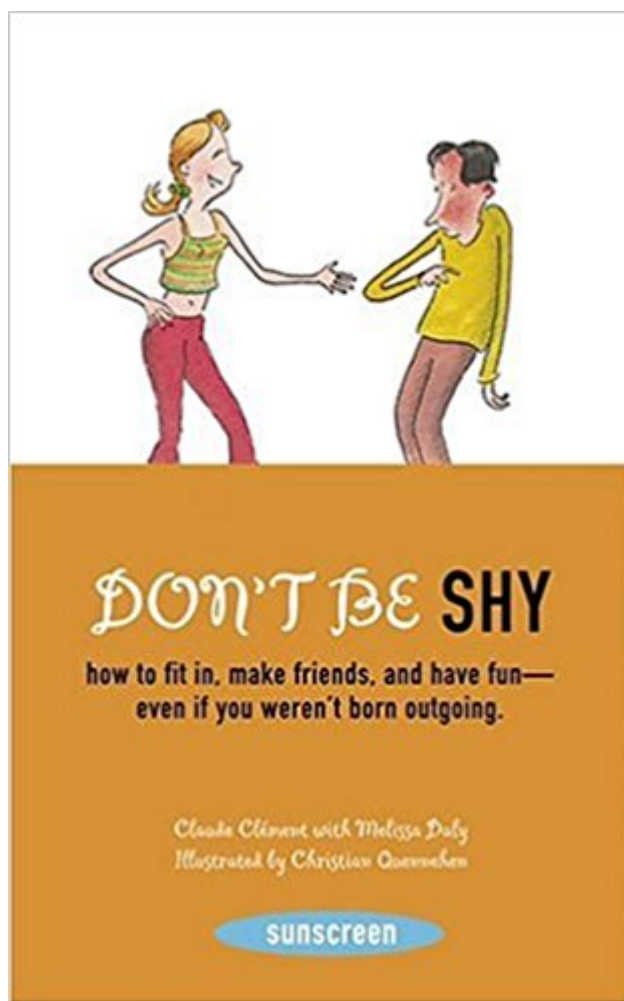


The book was found

Don't Be Shy: How To Fit In, Make Friends, And Have Fun—Even If You Weren't Born Outgoing (Sunscreen)



Synopsis

Don't Be Shy is a reassuring, non-judgemental look at shyness, the causes and the problems it can create for teens. It offers tips for overcoming fears, dealing with different kinds of social and school situations, reacting to criticism, working on self-image, and more. 50 per cent of the population, adults and teens, suffer from shyness. It's important to note that while adults have learned to compensate for shyness, teens struggle with it more actively and feel social anxiety more acutely. This book has a large potential audience.

Book Information

Series: Sunscreen

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Product Dimensions: 5.5 x 0.5 x 8.8 inches

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Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,116,156 in Books (See Top 100 in Books) #37 in [Books > Teens >](#)

[Social Issues > Peer Pressure](#) #344 in [Books > Teens > Social Issues > Self-Esteem &](#)

[Self-Reliance](#) #349 in [Books > Teens > Personal Health > Self-Esteem](#)

Customer Reviews

Grade 5-7
Clement offers a brief overview of how heredity, adolescence, and upbringing can affect shyness. Suggested remedies range from taking up hobbies to therapy and even medication, if the social anxiety is unbearable. The voices of shy teens speaking for themselves are missing, and the authors come across as the sole knowledge-holders. The blushing cartoons add a bit of lightheartedness, but are not representative of the real world. There is minimal discussion of the role shyness plays with the physically disabled. While its admirable that the authors indicate that almost everyone is touched by this condition, the effect is diluted rather than helpful and sounds more like parental advice.
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Melissa Daly is a former senior staff writer at Seventeen Magazine, where she wrote articles and

columns on health, sexuality, relationships, and other topics of interest to teenagers. She is currently an editor at Fitness Magazine. Claude Clement is the author of several books for young people, published in her native France. She works on overcoming her own shyness, and hopes that this book will help others do the same.

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