



The Mindful Path through Shyness: How Mindfulness and Compassion Can Help Free You from Social Anxiety, Fear, and Avoidance

Steve Flowers

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Shyness often helps protect us from the judgments and resentments of others, but once you get in the habit of avoiding social situations, you can become stuck in a cycle of avoidance that can be difficult to escape. Ready to let go of shyness and make stronger connections with others? **The Mindful Path Through Shyness** shows you how.

This guide uses techniques from mindfulness-based stress reduction and cognitive behavioral therapy to help you cultivate awareness of your own thoughts so that you can act with more wisdom and compassion toward yourself. Over time, you will be able to free yourself of the old mental habits of self-consciousness and self-blame, and replace them with new habits that foster confidence and joy.

A heartfelt and practical guide to... transforming one's relationship to social fears and inhibitions.
-Zindel V. Segal, Ph.D., author of *The Mindful Way Through Depression*

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