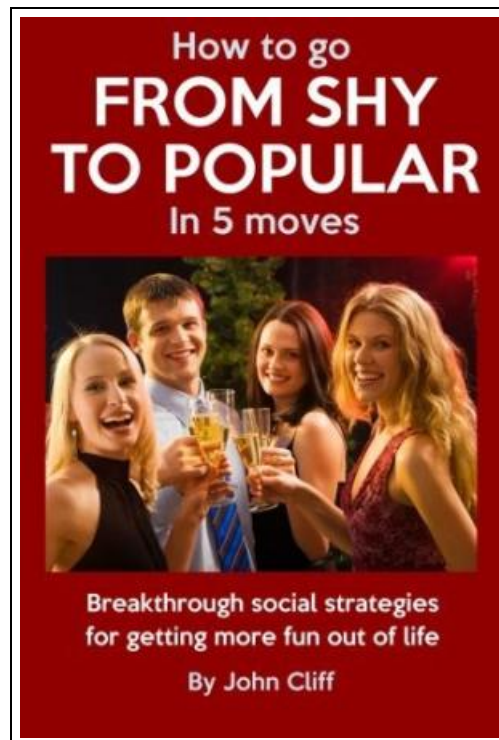


## How to Go from Shy to Popular in 5 Moves: Breakthrough Social Strategies for Getting More Fun Out of Life



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The trouble with shyness is that it usually happens at the worst moments - when you want people to see you at your best, not all nervous and tongue-tied. Most books say the best way to get over shyness is to take things a step at a time, and gradually build up your confidence by putting yourself into more and more challenging situations. This book will show you there s a faster and much easier way. And you can have it all happening for you within a matter of days. You ll learn five breakthrough strategies to lift you right over any anxiety and get you comfortably mixing with all kinds of people in just about any social situation. You could think of the strategies as short-cuts for getting the best out of your mind, your conversations, your voice, your body language, and your charisma. Together, they ll help you enjoy walking up and talking to people, show you how to make the small talk fun, how to get conversations sparkling, and how to get people opening up and engaging with you. And the strategies are just as effective at business and networking events as they are at parties and social occasions. The book is straightforward and practical, with easy home practise drills to help you quickly beef up your social savvy. Best of all, you ll discover that getting rid of shyness is the easy part. Making yourself more and more popular is most definitely the FUN part. ABOUT THE AUTHOR John Cliff runs training programs and workshops in social confidence and presentation skills. He is also a certified NLP Trainer and Master Practitioner.



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