



# **Cómo Superar La Timidez: Overcome Being Shy (Spanish Edition)**

*Demarious Bowens*

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Ser tímido no siempre se manifiesta de una manera en la que alguien se comporta como una persona tímida y modesta. En algunos casos, una persona tímida puede sentirse tan consciente de sí mismo por el hecho de que son tímidos que se comportan de una manera que es justo lo contrario de lo que quieren hacer. Aunque es bueno para tratar de superar la timidez, usted no quiere ir al otro extremo del espectro donde aparece abrasivo. Es bueno para contener un poco con los demás, pero no hasta el punto en el que usted está permitiendo que las oportunidades de deslizarse a través de sus dedos.

Este libro le enseñará cómo reconocer la timidez en ti mismo y cómo superar este rasgo de personalidad con consejos y ejercicios que le ayudarán a emerger de su concha.

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