



Say Goodbye to Being Shy: A Workbook to Help Kids Overcome Shyness

Richard Brozovich PhD, Linda Chase LMSW

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When is shyness just a facet of your child's personality, and when is it a problem? Even occasional shyness can inhibit your child from making friends, being open to new hobbies and experiences, and performing well in school. This book features more than forty fun activities kids and parents can do together to build confidence and assertiveness, useful attributes with lifelong benefits.

The first activity in this book helps you create a reward system to encourage progress as your child learns to move past shyness. The rest of the activities, designed and used by child therapists, help your child become more self-assured and comfortable interacting with others.

Your child will learn to:

- Notice and celebrate small triumphs over shyness in everyday life
- Relax when they feel anxious
- Make eye contact
- Say hi and use welcoming body language to make new friends
- Speak with confidence

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Margaret Williams:

Say Goodbye to Being Shy: A Workbook to Help Kids Overcome Shyness can be one of your starter books that are good idea. Many of us recommend that straight away because this book has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to set every word into joy arrangement in writing Say Goodbye to Being Shy: A Workbook to Help Kids Overcome Shyness however doesn't forget the main stage, giving the reader the hottest and based confirm resource facts that maybe you can be considered one of it. This great information can certainly drawn you into completely new stage of crucial considering.

Maria Abel:

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