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And Rise Above
Social Anxiety

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How to Be Yourself:
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Anxiety [Ellen
Hendriksen] on

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**The Wisdom of
Silence: Learning to
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More**

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Ellen Hendriksen's *How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety* is for the millions of Americans who consider

themselves quiet, shy, introverted, or socially anxious. Through clear, engaging storytelling, she takes readers on an inspiring journey: from how social anxiety gets wired into our brains to how you can learn to live a life without fear.

How to Be Yourself :
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It allows you to be more yourself with someone, which helps them to feel more comfortable in your presence. In one experiment, researchers helped socially anxious people to identify their worst fears and their exit strategies and then assigned them to talk with a stranger (a confederate of the

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researchers)...
And Rise Above
Social Anxiety

**How To Be Yourself
Quiet**

DR. ELLEN

HENDRIKSEN is a
clinical psychologist
who helps millions
calm their anxiety and
be their authentic
selves. She serves on
the faculty at Boston
University's Center for
Anxiety and Related
Disorders (CARD) and
is the author of HOW

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TO BE YOURSELF!

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“This book is also a groundbreaking road map to finally being your true, authentic self.” —Susan Cain, New York Times, USA Today and nationally bestselling author of Quiet Up to 40% of ...

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How to Not Be Shy: 11 Steps (with Pictures) - wikiHow

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Get Free How To Be Yourself Quiet Your Inner Critic **Inner Critic: 12 Steps (with Pictures**

When we allow ourselves to be quiet, to breathe in and breathe out, without the need to force ourselves into saying another word or think another thought, that's when we can hear our inner voice, our heart, and intuition. That's when we can experience our own Divinity, our own

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beauty, and perfection.

And Rise Above

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ended, How to Be
Yourself is the best
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map to finally being
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self." --Susan Cain,
New York Times, USA

Today and nationally
bestselling author of
QuietUp to 40% of
people consider
themselves shy.

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Put yourself out there.
The best way to meet
people is to actively

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seek out places where you can meet people. Go to the Fall Dance party at your school or the office Christmas get-together. Try to meet at least one person by the end of the night. Find the local Open Mic & read some poetry you wrote in your college days.

3 Ways to Be a Very Cold and Quiet Person - wikiHow

How to Become a Quiet

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Your Inner Critic

Person - Leading a
Quiet Life Keep a

journal. Be self-reliant.

Find a hobby. Spend
more time alone.

Spend time with more
introverted friends.

Consider seeing a
therapist. Stay true to
you. Take a "vow of
silence" for a short
period of time.

How to Be Yourself When You Have Social Anxiety

How to Be a Very Cold

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and Quiet Person -
Sending Signals to
Others Keep to yourself
when you feel like
doing so. Remain quiet
when you want to be
instead of feeling
obligated to talk. Keep
your opinions to
yourself to avoid
attracting attention.
Use body language to
let others know you
want to be ...

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Picking up where Quiet ended, How to Be Yourself is the best book you'll ever read about how to conquer social anxiety. "This book is also a groundbreaking road map to finally being your true, authentic self." —Susan Cain, New York Times, USA Today and nationally bestselling author of Quiet Up to 40% of people consider

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themselves shy.

And Rise Above

**How to Become a
Quiet Person (with
Pictures) - wikiHow**

Give yourself
permission to write
down all of your
thoughts and feelings
as they emerge. Then,
consider where these
feelings come from and
why you might be
having them. Finally,
reflect on what you
wrote and try to find an
epiphany. For instance,

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write in your journal
every morning or in the
evening before bed.

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How to Be Yourself :
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and Rise Above Social
Anxiety - (Hardcover)
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How to Be Yourself: Quiet Your Inner Critic and Rise Above ...

Quiet Revolution is thrilled to spread the word about Ellen Hendriksen's new book How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety. The following

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excerpt is from
Chapter 4, How Our
Inner Critic Undermines
Us.

How to Be Yourself : Quiet Your Inner Critic and Rise ...

Picking up where Quiet
ended comes the best
book you'll ever read
about how to conquer
social anxiety. Up to
40% of people consider
themselves shy. You
might say you're
introverted or

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awkward, or that you're fine around friends but just can't speak up in a meeting or at a party.

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Book — Ellen Hendriksen

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