

# Overcoming Social Anxiety And Shyness Self-help Course: Part 3 (Pt. 3) By Gillian Butler

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now I know what u mean.

too! (and what a cute town .what I saw of it at least!) Happy New

In A Resting Place the lace forms the nest for the bird.

Hope to hear from you soon.

If you d like to see the bottom part of that pendant, it is here

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I study all areas of psychology, sharing what works (and what doesn't) for overcoming your shyness and social anxiety. Follow me to learn how to get the confidence

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Highlighting real-life examples, this easy-to-use manual is ideal for those who suffer from all degrees of social anxiety and shyness, for their families and friends

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