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

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12 steps to overcoming shyness and social anxiety

Shyness and social anxiety are usually the result of an overly excited amygdala (a portion of the brain that receives stimulation based on your surroundings).

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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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