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"The Mindful Path Through Shyness" helps readers who struggle with shyness social anxiety begin to notice the patterns that cause them to feel isolated and take steps toward change.

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Readers will identify the origins of their shyness and learn how they have reinforced this behaviour by avoiding social situations and dwelling on feelings of self-consciousness and shame.

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offering of the
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practical tools
of mindfulness
practice,

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situation of

those who are

living with

debilitating

shyness and

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disorder."

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avoiding social situations, you can become stuck in a cycle of avoidance that can be difficult to escape.

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in this eight

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you read your
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book, you can
take major steps
to free your

self from

shyness, social

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anxiety and

avoidance. Know

that each step

you take on this

path is a gift

of love.

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Programs

I'm very happy

to be

interviewing

Steve Flowers,

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MFT, author of
the excellent
new book Mindful
Path Through
Shyness: How
Mindfulness and
Compassion Can
Free You From
Social Anxiety,
Fear, Fear,
and...

By Jeffrey

**The Mindful Path
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An Interview

with Steve ...

A Mindful Path
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shy you can
probably relate
to this pain.

Fearing the
judgments and
rejection of

others, you
avoid them and

find yourself

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principally in a
relationship
with your own
thoughts and
feelings.

Unfortunately,
often this isn't
such a great
relationship.

**Fear Avoidance
Is Shyness**

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behavioral

habits of

shyness that

cause suffering

operate

unconsciously

and

automatically,

whereas the

intentions of

mindfulness are

conscious and

deliberate. As

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Shift from

unconscious to
conscious and
from reacting to
responding your
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and habits of
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less substantial
and locked in
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being solutions

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reduction and
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you cultivate

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awareness of

your own
thoughts so that
you can act with
more wisdom and
compassion
toward yourself.

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will be able to
free yourself of
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situation of
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—Sharon

Salzberg, author
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by avoiding
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