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# Tutti i segreti per vincere la timidezza (Italian Edition)

*Martin Gibass*

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**Tutti i segreti per vincere la timidezza (Italian Edition)** Martin Gibass
Alzi la mano chi non ha pensato almeno una volta nella sua vita: "Ah! Se avessi detto questo al momento giusto", oppure: "Magari fossi come lui, brillante ed estroverso, sempre sicuro di sé". A qualcuno capita di pensarlo troppo spesso perché sia solo un caso legato alla circostanza: sono i timidi. Quelle persone che si sentono sempre fuori luogo e fuori tempo, che rimangono in silenzio e non riescono a esprimere la loro opinione per paura di sbagliare e di essere giudicate dagli altri, che diventano rosse solo se qualcuno posa lo sguardo su di loro, tremano e vorrebbero evitare le situazioni in cui sono giocoforza coinvolte.
Questo prezioso manuale fornisce strumenti utili ed efficaci non solo per affrontarla, ma per farla diventare un punto di forza.

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