



# **From Shy to Hi: Tame Social Anxiety, Meet New People and Build Self-Confidence (How to Change Your Life in 10 Minutes a Day) (Volume 5)**

*Michal Stawicki*

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## **The quiet masses: the curse of being shy**

Shyness exists in every corner of the world, every level of society, every workplace and school, in boardrooms, bars, churches and bus stops, in places large and small. The digital age, with all the interconnection it offers, has only made things worse. For those living under the shyness curse, life can be discomfoting at best and terrifying at worst. While many people experiencing social anxiety simply resign themselves to the fact and retreat from social interaction, this need not be the case.

## **OK, so I am shy. So what? That's just who I am.**

While shyness may seem just as much a part of you as your elbow, the difference between your elbow and your shyness is that you weren't born with your shyness. It was cultivated and fostered over the years (quite possibly unknowingly) through the processes of your (sneaky) mind. There is good news here for you. You might never succeed at thinking away your elbow, but you can apply your mind's amazing power to banish your social anxiety for good!

## **I've tried overcoming my shyness before, I am just not sure it's worth it.**

OK, so there are shy people who live content lives despite their affliction. But how many of them could honestly claim to have lived a truly full and rewarding life? Experiencing the full richness and beauty of our world requires some measure of confidence and the ability to create real, meaningful human relationships. In addition to receiving what others have to offer, those comfortable interacting with new people are also able to give of themselves in enriching ways. Such symbiosis requires the ability to reach out to others, to trust the unknown.

## **But that unknown, that's the uncomfortable part.**

And that is ok! Growth often requires stepping outside of your comfort zone. Author Michal Stawicki knows this firsthand and has seen the extraordinary results. Michal was once painfully shy, and it limited him in his personal, professional, and social life. So, when he set out to change his life, he knew that his shyness had to go. And go it did! It wasn't always comfortable, but it also wasn't that difficult.

## **But it can't be that easy, right?**

From Shy to Hi follows Michal's successful 10 Minutes Philosophy, a strategy that has helped Michal and

thousands of his readers to bring about big changes in their lives through small, but sustained action. You will not go from “wallflower” to “the life of the party” overnight. Instead the book offers practical, easy-to-implement strategies to help you dismantle your social anxiety through daily, non-intimidating steps. If you’re ready to develop that confidence you are after and reap the benefits of meaningful interactions, then scroll to the top of page and buy From Shy to Hi now.

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