



# **The Mindful Path through Shyness: How Mindfulness and Compassion Can Help Free You from Social Anxiety, Fear, and Avoidance**

*Steve Flowers MFT*

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Shyness often helps protect us from the judgments and resentments of others, but once you get in the habit of avoiding social situations, you can become stuck in a cycle of avoidance that can be difficult to escape. Ready to let go of shyness and make stronger connections with others? **The Mindful Path Through Shyness** shows you how.

This guide uses techniques from mindfulness-based stress reduction and cognitive behavioral therapy to help you cultivate awareness of your own thoughts so that you can act with more wisdom and compassion toward yourself. Over time, you will be able to free yourself of the old mental habits of self-consciousness and self-blame, and replace them with new habits that foster confidence and joy.

*A heartfelt and practical guide to... transforming one's relationship to social fears and inhibitions.*  
-Zindel V. Segal, Ph.D., author of *The Mindful Way Through Depression*

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their down time with their

family, or all their friends. Usually they doing activity like watching television, likely to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? May be reading a book could be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the book untitled The Mindful Path through Shyness: How Mindfulness and Compassion Can Help Free You from Social Anxiety, Fear, and Avoidance can be very good book to read. May be it can be best activity to you.

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