



# **The Compassionate-Mind Guide to Building Social Confidence: Using Compassion-Focused Therapy to Overcome Shyness and Social Anxiety (The New Harbinger Compassion-Focused Therapy Series)**

*Lynne Henderson PhD*

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Shyness is a universal human emotion, a blend of fear and interest, and is associated with many positive personality traits: a considerate nature, thoughtfulness, and the ability to be a good listener, to name a few. However, withdrawing from others has its drawbacks, and if you're very shy, it's likely that you've experienced some of them: loneliness, depression, and self-blaming thoughts that are much harsher than other people's criticism would ever be. *The Compassionate-Mind Guide to Building Social Confidence* offers a supportive program based in compassion-focused therapy for moving past social anxiety and the self-critical thoughts that propel it.

The program in this book helps you both accept your shyness as part of your personality and challenge your social anxiety when it keeps you from living the life you want. This book also provides dozens of exercises that will help you practice mindfulness, imagery, compassionate thinking, and compassionate action-critical skills that will help you develop the ability to overcome shyness and make strides toward complete social confidence.

This social fitness training program will help you:

- Quiet the thoughts that trigger social anxiety
- Replace anxious thoughts with compassionate ones
- Identify and achieve your goals for social confidence
- Practice assertiveness skills

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