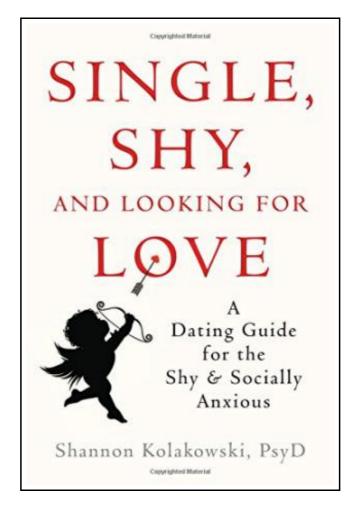
# Single, Shy, and Looking for Love: A Dating Guide for the Shy and Socially Anxious



Filesize: 4.89 MB

#### Reviews

The publication is fantastic and great. It can be rally exciting through reading period of time. I am just very happy to inform you that this is the greatest publication i actually have read in my very own daily life and could be he very best ebook for at any time.

(Prof. Alvis Wuckert)

## SINGLE, SHY, AND LOOKING FOR LOVE: A DATING GUIDE FOR THE SHY AND SOCIALLY ANXIOUS



New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Single, Shy, and Looking for Love: A Dating Guide for the Shy and Socially Anxious, Shannon Kolakowski, What if he thinks I'm not good looking enough? What if she thinks I'm boring? What if I can't think of anything to talk about? When it comes to dating, most people have had these thoughts and fears at some point. The truth is that going on a date can be downright nerve-wracking-and if you suffer from shyness or social anxiety, it is especially so. So how can you stay calm, cool, and collected as you set out on the search for the perfect mate? Single, Shy, and Looking for Love presents mindfulness, acceptance, and values-based techniques from acceptance and commitment therapy (ACT) to help shy singles like you get "in the game," cope with the anxiety and fear that can arise on a date, and go on to create long-lasting, intimate relationships. By learning to stay focused in the present moment, you'll arm yourself against the catastrophic thoughts that cause you to buckle under pressure. And by connecting with your own core values, you'll gain a greater understanding of yourself and what you ultimately want in a romantic partner. Confidence is often considered one of the most attractive qualities a man or woman can have, and social confidence will take you far-not only in love, but in life as well. If you're ready to stop being a wallflower and start putting yourself out there, this book will give you the skills you need to get back in the dating game and find the love you deserve.

- Read Single, Shy, and Looking for Love: A Dating Guide for the Shy and Socially Anxious Online
- Download PDF Single, Shy, and Looking for Love: A Dating Guide for the Shy and Socially Anxious

#### Relevant Kindle Books



#### The Mystery of God's Evidence They Don't Want You to Know of

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Save children's lives learn the discovery of God Can we discover God?...

Download Book »



#### Little Girl Lost: The True Story of a Broken Child

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Little Girl Lost: The True Story of a Broken Child, Mia Marconi, The fourth in a series of true short stories from foster carer Mia Marconi. Kira...

Download Book »



#### Children's and Young Adult Literature Database -- Access Card

Pearson Education (US), United States, 2012. Online resource. Book Condition: New. 175 x 124 mm. Language: English . Brand New Book. Pearson s Children s and Young Adult Literature Database This searchable database of over...

Download Book »



### You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

Download Book »



#### It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

Download Book »