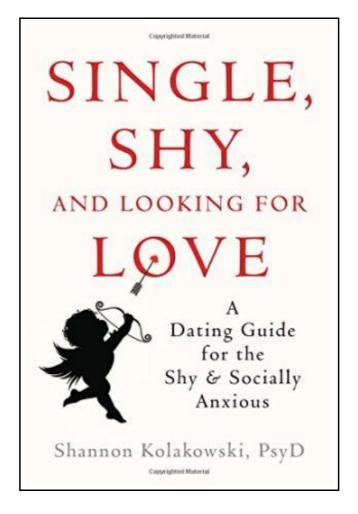
# Single, Shy, and Looking for Love: A Dating Guide for the Shy and Socially Anxious (Paperback)



Filesize: 2.37 MB

### Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

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



New Harbinger Publications, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book. 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 (Paperback) Online
- Download PDF Single, Shy, and Looking for Love: A Dating Guide for the Shy and Socially Anxious (Paperback)

### You May Also Like



### 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?...

Read ePub »



### 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...

Read ePub »



### 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...

Read ePub »



### 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...

Read ePub »



# Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

Read ePub »



### Never Invite an Alligator to Lunch!

Lucky Me Publishing, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. NEVER Invite an Alligator to Lunch! delivers a fun,

Read eBook »



#### Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for

Read eBook »



#### A Parent s Guide to STEM

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This lively, colorful guidebook provides everything you need to know

Read eBook »



### Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how

Read eBook »



## Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide

Read eBook »