



# **Shy and Fabulous: Overcoming social anxiety and living your best life ever (The Shy Diva Series) (Volume 1)**

*Koryne Carroll*

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Have you ever wondered why everyone else fails to recognize the fabulous person you are on the outside as well as inside? Have you spent your life wondering how you can confront anxiety-provoking situations with confidence and boldness? Are you tired of living your life in fear, worry, and self-doubt? Are you ready to become the witty, outgoing, spontaneous diva everyone near and dear to you has come to know and love? In *Shy and Fabulous*, you will learn about shyness, social phobia, and social anxiety as it relates to women. You will learn why shyness and social anxiety occur, it's genetic and environmental triggers, and how to change your thoughts and actions to overcome them. You will also participate in a variety of self-help techniques that will help you address the challenges you might have faced in your life journey with social anxiety.

Author and self-proclaimed shy diva, Koryne C. Nnoli, takes you on a journey to discovering more about shyness, social phobia, and social anxiety and how you can overcome it in everyday situations. Through each chapter and exercise, she encourages her readers to learn to establish their voices outside of the quietness. In doing so, she teaches others to quiet their fears and anxieties and to live their lives boldly, powerfully, and with confidence. She encourages other women going through their shyness journey to recognize their shyness while living their life fabulously.

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