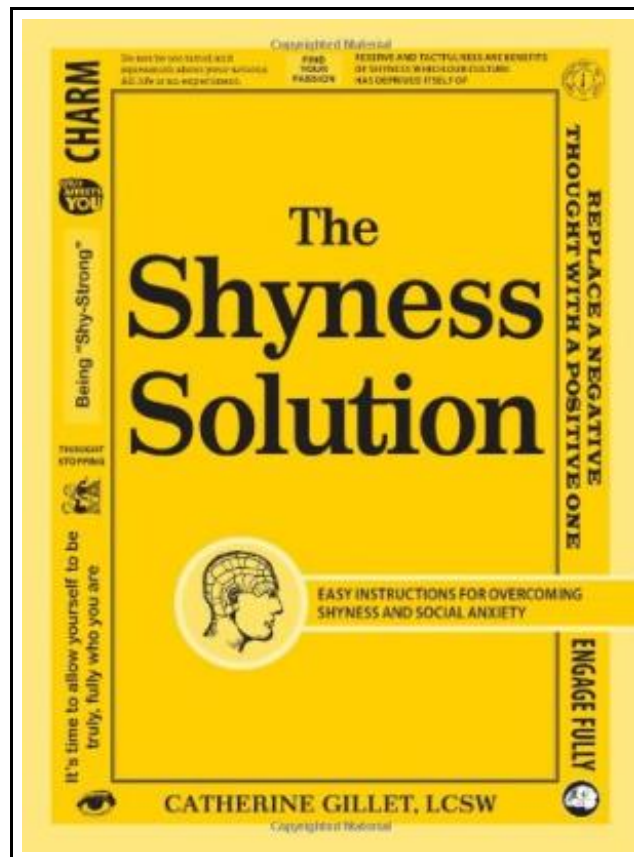


# The Shyness Solution: Easy Instructions for Overcoming Shyness and Social Anxiety



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