contents

	Introduction	1
	part I: what it is	
	1 Understanding shyness	9
	2 The personal world of the shy	23
	3 Why shy?	39
	4 Parents, teachers, and shy children	57
	5 Friends, lovers, and shy strangers	79
	6 From sad to bad to slightly mad	99
	part II: what to do about it	
	7 Understanding yourself	121
	8 Understanding your shyness	133
	9 Building your self-esteem	151
	10 Developing your social skills	167
11	Helping others overcome their shyness	187
	12 Preventing shyness in society	207

viii Contents

Notes	223
General references	235
Specialized references	237
Index	251