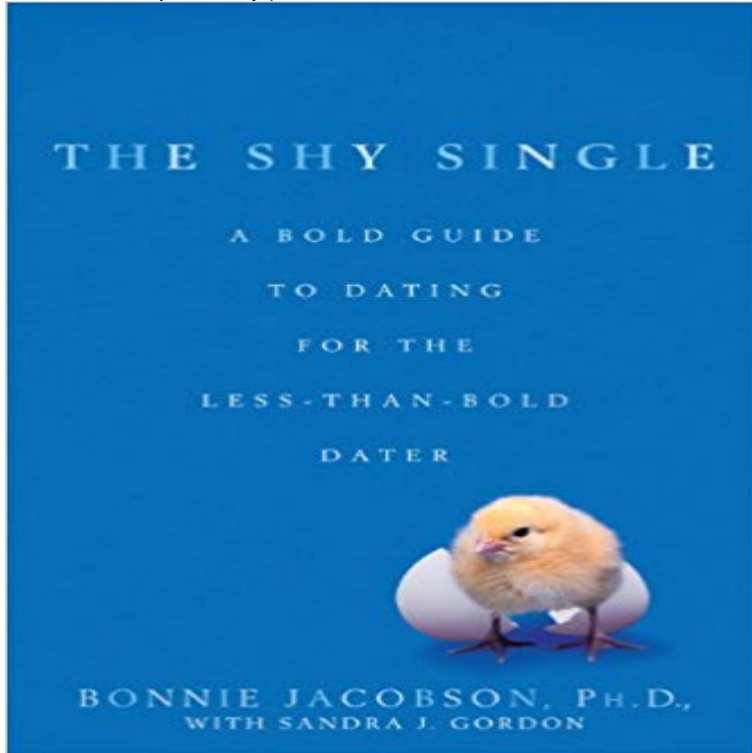


# The Shy Single: A Bold Guide to Dating for the Less-than-Bold Dater



Nearly 50 percent of adults in the United States describe themselves as chronically shy, and an even larger number are single. These numbers prove what we already know: There are a lot of us sitting home alone, letting the dating world pass us by. But it doesn't have to be that way! In *The Shy Single*, New York psychologist Bonnie Jacobson outlines her breakthrough program that helps shy men and women securely maneuver any social situation. At the heart of the book is her confidence-boosting plan for managing the three stages of a shyness attack: a dating profile quiz, journaling exercises, cumulative courage-rating scores, and real testimonies from Dr. Jacobson's extraordinarily popular shyness workshops.

round out the coach's corner advice for shy daters on how to:

- Work a room and get past awkward introductions
- Participate in dinner conversations and bridge uncomfortable silences
- Ask someone out
- End a date gracefully
- Handle sexual advances

The aim of *The Shy Single* is not to make us un-shy, but to enable us to function despite our pounding hearts and sweaty palms. With small, manageable steps, we can gain self-assurance and learn how to finesse awkward or possibly embarrassing situations. Navigate a room with small talk? No problem. Ask out a coworker? No sweat. Make the first move in an intimate situation? You bet. From going online to declining a second date to determining whether we've found the one, Dr. Jacobson shows us that dating happiness isn't just for other, more outgoing people--it's for us.

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