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guide uses  
techniques from  
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often helps protect us  
from the judgments  
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"The Mindful Path

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Through Shyness is a generous offering of the powerful and practical tools of mindfulness practice, specifically geared to the situation of those who are living with debilitating shyness and social anxiety disorder." —Sharon Salzberg, author of Lovingkindness.

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How Mindfulness

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Compassion Can  
Help Free You from  
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Treating Social Anxiety with Meditation and Mindfulness Training. But a new generation of researchers is finding that mindfulness training can help people like Kevin overcome this debilitating condition.

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“Mindfulness is paying attention on purpose, without trying to get to some goal or escape anything,” explains Steve Flowers, the author of *The Mindful Path through Shyness*.

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# Read PDF The Mindful Path Through Shyness

Welcome to the Mindful Path through Shyness Program (MPTS)! By participating in this eight week program as you read your Mindful Path through Shyness book, you can take major steps to free your self from shyness, social anxiety and avoidance. Know that

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each step you take on  
this path is a gift of  
love.

**The Mindful Path  
through Shyness by  
Steve Flowers ...**

The expert authors  
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mindfulness practices  
to try each week, plus  
reflection questions,  
tools for keeping track  
of progress, and



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helpful comments from others going through the program. Like a trusted map, this book guides you step by step along the path of change.

**The Mindful Path  
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Workbook by Steven  
H. Flowers**

-Saki F. Santorelli,  
EdD, MA, associate

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professor of medicine at the University of Massachusetts Medical School and author of Heal Thyself, " The Mindful Path Through Shyness is a generous offering of the powerful and practical tools of mindfulness practice, specifically geared to the situation of those

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The Mindful Path through Shyness: How Mindfulness and Compassion Can Help Free You from Social Anxiety, Fear,

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Steve Flowers MFT  
2009 | ISBN:  
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the powerful and practical tools of mindfulness practice, specifically geared to the situation of those who are living with debilitating shyness and social anxiety disorder." —Sharon Salzberg, author of Lovingkindness.

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"The Mindful Path Through Shyness" helps readers who struggle with shyness social anxiety begin to notice the patterns that cause them to feel isolated and take steps toward change. Readers will identify the origins of their shyness and learn how they have reinforced this

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behaviour by avoiding social situations and dwelling on feelings of self-consciousness and shame.

## **Is Shyness Holding You Back? - Mindful**

Mindfulness makes it possible to work with your relationship to your shyness to greatly reduce or eliminate the painful

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influence it has in your life. The mental and behavioral habits of shyness that cause suffering operate unconsciously and automatically, whereas the intentions of mindfulness are conscious and deliberate.

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The Mindful Path  
through Shyness: An  
Interview with Steve  
Flowers. Steve is also  
a psychotherapist, co-  
director of the Mindful  
Living Programs,  
leading mindfulness  
retreats for health  
professionals, and  
director of the

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Mindfulness-Based  
Stress Reduction  
(MBSR) clinic at Free  
Enloe Medical Center  
in Chico, California  
and online at  
Emindful.com.

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Read PDF The Mindful Path Through Shyness reviews from world's largest community for readers.... This is a good guide to the different mindfulness methods and techniques (like meditation and yoga) one can use to deal with and try to self-treat shyness and social anxiety.

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A Mindful Path  
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you too are shy you  
can probably relate to  
this pain. Fearing the  
judgments and  
rejection of others,  
you avoid them and  
find yourself  
principally in a  
relationship with your

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own thoughts and feelings.

Companion Can Free

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Mindful Living Programs offers retreats and live online classes in Mindfulness-Based Stress Reduction (MBSR). Mindfulness

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through shyness :

how mindfulness &  
compassion can help

free you from social  
anxiety, fear &

avoidance. [Steven H  
Flowers]-- Discusses

cultivating

mindfulness to move

past shyness and

gain social

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confidence, helping readers to make stronger connections with others and reduce social stress and anxiety.

**The mindful path through shyness : how mindfulness ...**

The Mindful Path Through Shyness shows you how. This guide uses



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techniques from mindfulness-based stress reduction and cognitive behavioral therapy to help you cultivate awareness of your own thoughts so that you can act with more wisdom and compassion toward yourself.

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