

**How to talk to anyone: overcoming shyness, social anxiety and low self-confidence & be able to chat to anyone**

<https://iha.andornot.com/permalink/library20796>

Author: [Alison, Jennifer](#)  
Publisher: Jennifer Alison  
Pub Date: 2016  
Physical Description: 92 p.  
Format: Book  
Subject: [Interpersonal communication](#)  
[Shyness](#)  
[Self Concept](#)  
[Wellness](#)  
ISBN: 9781537433950  
Call No.: HM 1166 A414 2016  
Location: RIH Library Wellness  
Loan Policy: 21 days