



# Shyness: Understanding, Hope, and Healing

*Bernardo J. Carducci, Susan Golant*

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## Shy Facts

- Shy children are not destined to be shy adults.
- Shyness does not equal low self-esteem.
- Shyness is not a "disease," personality deficit, or character flaw.
- Humans aren't the only species to experience shyness. Scientists have been studying shy cattle as well as shy cats, shy fish, and shy dogs.
- Some of the world's most famous, richest, smartest and bravest people are shy.

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