



# Stop Pushing Me Around!: A Workplace Guide for the Timid, Shy, And Less Assertive

*Ilise Benun*

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## **Stop Pushing Me Around!: A Workplace Guide for the Timid, Shy, And Less Assertive** Ilise Benun

According to the Shyness Institute in Palo Alto, Calif., half of all American adults consider themselves shy! If you're one of them, don't worry! There are skills and techniques you can learn which will allow you to grow out of your shell and become a friendly, assertive person. Learn these simple strategies and you will get along better with colleagues, be seen as a strong, team player, get the promotions you deserve or the clients you want and, ultimately—and naturally—succeed in business.

You can conquer your shyness and learn to present yourself confidently in a wide variety of business situations, from speaking up at a meeting, to taking credit for a project, to asking a busy boss for a deserved raise.

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