



# How to Be More Outgoing & Social: Improve Your People Skills & Have More Confidence (Social Anxiety and Depression Books)

*Henry Good*

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## **How to Improve Your People Skills and Not Be Shy**

Improving your communication skills is one of the best steps you can take to help boost your self-confidence and all over happiness. If you are to some extent an introvert or shy, becoming more social may be the key to opening up and gaining more opportunities in your life. If you are one of those people who has difficulty effectively communicating with other people, find it hard to get your ideas across or you worry about what to say, this book is for you.

Henry Good, the author, writes in such a way that you won't be wasting your time reading through a bunch of useless content. In this book you are going to get straight forward tips on how to be more outgoing and in turn be more social.

## **Here are a Few Things From The Book: How to Be More Outgoing**

### **Are You an Introvert or an Extrovert**

It was Carl Jung, who coined “extrovert” and “introvert” in the 1920s as he studied the different psychological types of human beings. In his study, he pointed out that the differences between the two lies down to one factor: energy. According to him, extroverts are people that are fueled by social interactions while this can actually be taxing for those people who are introverts. This means that an introvert may need to find some time alone in order to recharge after attending a social gathering such as a party.

A person that is purely introvert or purely extrovert is almost non-existing. To fully understand whether you are more of an extrovert or an introvert, you need to know how to classify the two.

### **The Extroverts**

Extroverts are considered people lovers. They feel more energized when people are around them. A fun night for them would involve a dozen of family or friends with them. They can be funny, warm, energetic and are usually the life of the party. They may also, sometimes be self-centered and demanding and will do whatever it takes to be in the spotlight.

### **The Introverts**

Introverts do not interact with people as much as extroverts do. This simply means that they would rather be around a few people rather than lots of people. For instance, unannounced visits of other people like their family members can be very stressful, even when the visitors are not doing anything to interrupt them. Although opposites, there is a great possibility for an introvert and an extrovert to relate to each other in a balanced manner and come up with a mutually fulfilling relationship. This depends on how they respect one another, where good communication between two people that are very different can take place.

# Here are of The Tips From the Book How to Have Good Communication Skills

**To master the art of establishing a conversation, here are some things you can do:**

- Be People Curious
- Don't Forget to Smile Know What Questions To Ask
- Give Compliments to Others
- Find Things in Common
- Establish Eye Contact
- Observe Body Language

**How can you become more outgoing? Here are some tips to start with:**

- Appear Confident
- Self-awareness and Observation of Those Around You Set Realistic Expectations
- Avoid Negativity
- Acknowledge That Socializing is a Skill

As you can see after reading this book you will have the tools to stop being shy and start having a social life. You will know where you fall on the introvert/extrovert scale and how you can become more social with other people. After reading this book you will have the communication skills you need to overcome your shyness and be more outgoing! Have More Confidence in Yourself, You Can Reach Your Goals With The Help of This Book!

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