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The Love-Shy Survival Guide

Talmer Shockley

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For many people, romantic and sexual relationships are complex and cause feelings of anxiety. For people who are love-shy, this anxiety is so overwhelming that it can make finding a partner feel like an impossible dream. Although relatively unknown, and therefore often undiagnosed, love-shyness is a condition which causes an intense phobia of romantic and sexual situations. This book is designed to help love-shys overcome this fear and allow themselves to meet, date, and eventually maintain romantic relationships with members of the opposite sex.A self-confessed love-shy, Talmer Shockley explores the condition, its links with Asperger's Syndrome and how it differs from normal shyness. He gives candid advice on how to deal with being love-shy, make dating an enjoyable experience, and survive the 'relationship jungle' While love-shyness is predominately a male problem, it can also affect women, and the book offers tips on relationship success for both sexes. Refreshingly honest and insightful, The Love-Shy Survival Guide provides essential advice for love-shy people wanting to overcome their anxiety and form successful romantic relationships.

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Cassandra Sanderson:

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