

QUIET YOUR INNER CRITIC AND  
RISE ABOVE SOCIAL ANXIETY

# HOW TO BE YOURSELF



*"For the millions of  
Americans who consider  
themselves quiet, shy,  
introverted, or  
socially anxious...  
A groundbreaking  
roadmap to finally  
being your true,  
authentic self."*

—SUSAN CAIN,  
*bestselling author of QUIET*

ELLEN HENDRIKSEN, PhD

Ellen Hendriksen

## How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety



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Picking right up where *Quiet* finished, *How to Be Yourself* is the preferred book you'll ever find out about how exactly to conquer social stress." Using her techniques to develop confidence, consider the buzz of panic, and feel comfortable in virtually any situation, you can finally end up being your true, genuine self." —Susan Cain, *New York Times*, *USA Today* and nationally bestselling writer of *Quiet* Up to 40% of individuals consider themselves shy. Hendriksen provides devoted her profession to helping her clients overcome the same obstacles she's. With familiarity, humor, and authority, Dr. In the event that you get nervous in sociable situations?meeting your partner's friends, presenting and public speaking, standing up awkwardly in the elevator with your boss?you've probably been told, "Just be yourself!" But that's easier said than done?specifically if you're susceptible to interpersonal anxiety. Weaving collectively cutting-edge science, concrete suggestions, and the compelling stories of real individuals who have risen above their public stress and anxiety, Dr. Ellen Hendriksen proposes a groundbreaking idea: you already have everything you need to achieve any unfamiliar social situation. As someone who lives with social anxiety, Dr. You might say you're introverted or awkward, or you are fine around friends but cannot speak up in a meeting or at a party. Maybe you're usually self-confident but have lately moved or began a new job, and then feel isolated and unsure. Hendriksen will take the reader through the roots of cultural anxiety and just why it endures, how we can rewire our brains through our behavior, and?at long last?specifically how to quiet your Internal Critic, the pesky tone of voice that whispers, "Everyone will judge you." This book is also a groundbreaking road map to finally being your true, authentic self.



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Informative and Engaging I actually don't normally like books that purport to show me "how to do" anything with my life, but this publication may be the exception. The tales are entertaining and the author brings her patients alive as characters, while also providing factual statements about how our brains work when we're anxious and useful advice. Hendriksen provides us step-by-step advice based on documented psychological study that makes breaking out from our Inner Critic and "busting the myths" of social stress possible. The entire book flows just like a conversation with a pal and therapist, who really gets it. If you're like me, you might start reading this and think it's for a few shut-in, crippled by fear, but keep reading, and open your brain. I loved it. Dr. Hendriksen takes a mild but authoritative method of a serious subject matter. Neither preachy nor navel-gazing, and never condescending, the engrossing narratives about actual clients and about herself make the publication relatable and honest. Filled with witty language and cultural references, I came across myself laughing aloud many times. If you struggle with social anxiousness, please browse this! • She lays out the (actual and frightening) costs of attempting to ignore Social Anxiety rather than operating through it. This reserve is certainly for him, and also her and them. BEST Publication FOR THE SOCIALLY ANXIOUS I started out hearing Ellen's Podcast, The Savvy Psychologist, and that's where I found out that she was writing this publication. I preordered it and I have to say this book is amazing. Anyone dealing with social anxiety will love this publication. There are stories linked with the socially anxious characteristics to better understand how they manifest. Right now, it has me considering my former and how they've affected me right now. The best part of the book isn't only the explanation, however the challenge to improve these behaviors. And also for the socially anxious person to understand there is nothing wrong with you. I RECOMMEND THIS Publication TO EVERYONE!!! it feels really grounded in storytelling and particular anecdotes that make it fun and memorable to learn I actually am really enjoying this book so far. In an engaging and readable style, Dr. I really like when there exists a combination of medical understanding and real life situations- and that's exactly what this book is. "FOMO" from public mass media (Instagram, Facebook). Dr. Hendriksen makes the approach experience really modern and, although it is self-help-y, the book is quite grounded in storytelling and particular anecdotes, which make it fun and unforgettable to learn! She provides many stories and examples to obtain a better knowledge of social panic, and teaches you a great set of skills to greatly help yourself as well. I highly recommend this reserve. Ellen Hendriksen totally nails the rare combination of a book with a solid research foundation that's chockfull of accessible suggestions and strategies. As a fellow medical psychology Ph. D. Has excellent suggestions on how to live together with your inner critic The best self-help book I've ever read! She uses great story-informing and engaging composing to introduce well-validated methods from CBT and other therapy approaches. If you have struggled with social stress (and who hasn't?, but is in fact backed up by science. I've heard it all before (but this was different) As a chronic online self-help article-skimmer, not much in this book was brand spanking new to me, but after reading it and really digesting and applying the material to my entire life, I experience like I could actually visit a change. Right now to try her additional suggestions! Her applications of research to daily life is well-carried out and relatable. I recommend this book. This book has changed my entire life Incredible. H! Highly recommend! This one differs. This book contains many insights into what makes up social panic, why victims of capital-S Social stress and anxiety feel and act just how they do, and will be offering various effective tactics to combat it. Highly recommend Useful, practical, science-based book that also manages to be fun! We've been a fan of the Savvy Psychologist since Dr. Hendriksen began, due to the fact the segments are chock filled with actual peer reviewed studies used as the trunk bone

for every show. I was able to apply so very much to my more moderate stress, and I'm better because of it. I was so thrilled to hear about her book, and it had been all I'd hoped for! Highly recommend This book was very helpful in providing me with new tools to shift my mindset when it comes to social anxiety. RECOMMEND 100% a great book to learn. However, her style of applying research to examples from her very own or patients' lives get this to book truly stand out as useful. I've now suggested it as a health supplement to psychotherapy for a number of my patients. In summary, that is a well-done, technology based approach that's also very practical. In addition, it was backed with very relevant supporting data and information. By far the greatest material I have continue reading social anxiety, and I have done a lot of research. It isn't dry, matter-of-fact but it isn't sappy either. Amazing! After many years experiencing chronic shyness and crippling self-torture before, during, and after social situations, I've learned that it's okay to make (what I consider) mistakes, and treat myself with self-compassion. I really like the writing style in this book. I can't await your next book! It nearly feels like she's a pal having a conversation with you. This is my favorite sort of nonfiction since it shares stories, details, and tips all at once. Like Dr. Many thanks, Dr. Solid research within an accessible format Many well-known self-help books are light in science, and several research-oriented books lack practical advice and are a slog to learn. Thank you, Ellen! Life-changing Book This is the real deal. I've struggled with social nervousness for so long as I can remember. I've examine countless additional books about self-confidence and social skills, plus they were just band-aids that never surely got to the root of the issue. I have realized that being around people doesn't imply I have to placed on a overall performance, because who you are has already been enough. I'm in fact \*excited\* to try factors that would have produced me cringe before. Highly recommended! Buy it buy it I don't have too much to say concerning this book but as far as I'm reading I love this book Not really What I Expected But Totally Worth The Read I actually picked this up because it is hailed simply because the "follow-up" to Calm by Susan Cain, that i adored. I was initially disappointed because End up being Yourself is written within an entirely different design. It has a breezier, chattier more-pop-culture-references style than I typically appreciate and the author's 1st discussions of "publicity therapy" (in which people intentionally perform weird things that freak them out to conquer their fears) very much switched me off. When I stuck with it, however, I came across that underneath all that cheery easiness and therapeutic weirdness was a goldmine of depth and insight. Hendriksen has done her research and knows her stuff:

- She explains the concrete distinctions between introversion and Sociable Anxiety, in terms of how they are experienced and present in people's lives. Don't allow cover fool you.
- Like Brene Brown (another of the best authors) she gives useful, science-based physical and mental tools and practices readers can apply to rewire their brains and behaviors in even more positive methods.

H, I'm a scientific psychologist who also encounters social nervousness, and the ideas and study were familiar. That is real, practical suggestions for the 40% of us. D, it's clear to me that the writer knows what she's talking about. This book was incredible- not only is it validating (since social anxiety will build shame and at times isolation) nonetheless it is articulate, witty, and only a wonderful resource. Oh, and flawlessly edited, no typos in this publication. I was thrilled to find a technique that I've been using on my own to regulate my social panic is recommended in this book. Who enables you to feel understood and regular (everything that a person with capital S Sociable Anxiety has ever wanted). There can be an "inner critic" within us that is usually sending false text messages and perceptions which designs not only our encounters but also our self-esteem. There is no longer a need to listen to this ongoing deception, but rather through publicity and honesty with ourselves to start creating a life that's

authentic and can flow without dread or judgment. There are several wonderful examples throughout the book of clients which have abandoned avoidance and judgmental viewpoints toward themselves and others, and so are now living the life they have constantly hoped to experience. I could see this book helping a multitude of people, from the individual who is nervous to speak up at the job to the teenager who is rolling out social anxiety & The very best book for social anxiety This book is the social anxiety bible. It is not some pseudo-intellectual B. I couldn't put it down -- it had been exactly what I needed to understand where my fears come from and how to overcome them.) this book will help. I found it much more useful than books just like the self-confidence gap or charisma myth that seem to contain way too much made up anecdotal information.



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