



Coping with Blushing (Overcoming Common Problems)

Robert Edelman

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This book suggests relaxation exercises and confidence-boosting measures, which can help to make blushing less severe, and minimize the impact that it has on life. By teaching ways of coping with embarrassment and social difficulties, Robert Edelman helps people overcome the barriers to a successful social life and career. Table of Contents: Acknowledgements Preface to the Second Edition Introduction 1 Embarrassment and blushing 2 Why is Blushing? 3 Who suffers? 4 Coping with blushing: Some preliminary comments 5 Calming yourself down 6 Re-evaluating and redirecting thoughts 7 Developing confidence 8 Putting the package together and monitoring change 9 Blushing: A personal account Useful addresses Further reading Index

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