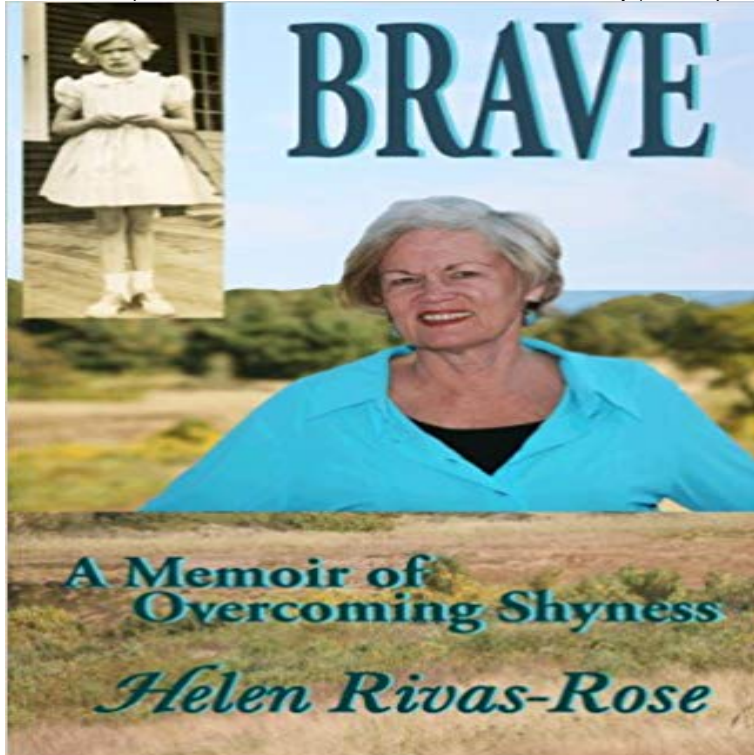


## Brave, a Memoir of Overcoming Shyness



Born of a long life of suffering from shyness, this memoir reveals the hurt and anguish that acutely shy people experience. Brave, the first full-length memoir of shyness, takes the reader on a complete journey, from early life and overwhelming, inexplicable shyness to later years of gradual comprehension, social adaptation, and eventual understanding and peace of mind. From beginning to end, Helen Rivas-Roses unstated purpose never wavers: her message is to help inspire other shy people to overcome their own pain.

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