

# THE SHY CHILD



***Overcoming and Preventing Shyness  
from Infancy to Adulthood***

PHILIP G. ZIMBARDO

The Shy Child: A Parent's Guide to Preventing and Overcoming Shyness from Infancy to Adulthood, Philip G. Zimbardo, Shirley L. Radl, ISHK, 1999, 1883536219, 9781883536213, 261 pages. "Two out of every five people in the U.S. regard themselves as 'shy.' Yet shyness can be cured, says Dr. Philip Zimbardo, the nation's leading authority on shyness. With co-author Shirley Radl, Dr. Zimbardo presents a program for overcoming and preventing shyness from infancy to adulthood. The Shy Child is based on pioneering research conducted at the Stanford Shyness Clinic, including surveys of people in the U.S. and abroad; interviews with children, parents, and teachers; and systematic experimental research that compared the behavior of shy to non-shy people. This book documents which parenting 'style' encourages self-confidence in a child, and provides methods for building a child's trust and self-esteem. It explores the role that school plays in contributing to a child's shyness, and suggests ways to improve the quality of the classroom experience for every child. The Shy Child is the only book to provide an effective program for conquering shyness in childhood, before it has a chance to limit a child's options and determine the course of the child's life. This title is also available in Spanish (El Nino Timido). "

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Violence Workers Police Torturers and Murderers Reconstruct Brazilian Atrocities, Martha Knisely Huggins, Mika Haritos-Fatouros, Philip G. Zimbardo, 2002, History, 293 pages. "A groundbreaking work. Its conclusions allow us to understand how state-sponsored violence is a social illness, and how easily moral boundaries can be destroyed. Our lesson is ....

365 ways to love your child , Alex J. Packer, Sep 1, 1995, Family & Relationships, 178 pages. A parenting expert offers a year's worth of insightful, witty, warm, and practical tips and reminders designed to help parents foster love, respect, and understanding between ....

What Did I Just Say!?! How New Insights Into Childhood Thinking Can Help You Communicate More Effectively with Your Child, Denis Donovan, M.D., Deborah McIntyre, R.N., Oct 1, 2000, Family & Relationships, 240 pages. Drawing from years of experience working with children and researching their ways of thinking, two child behavioral experts offer a practical and enlightening look at how ....

Baby's Record Keeper and Memory Box , , Jan 1, 1999, Family & Relationships, 48 pages. An elegant photo album with a built-in 1"-deep memory box to preserve special keepsakes A unique gift for preserving important information about your baby and family, and for ....

Relational parenting , Ross Campbell, Feb 15, 2000, Family & Relationships, 191 pages. A practical new guide to parenting technique encourages parents to teach youngsters how to assume responsibility for their own actions as well as to control a child's behavior..

Good-Bye To Shy:85 Shybusters , Lowndes, Dec 1, 2006, , . .

Nurturing the Shy Child Practical Help for Raising Confident and Socially Skilled Kids and Teens, Gregory Markway, Gregory P. Markway, Jul 25, 2006, Family & Relationships, 240 pages. A manual for parents of shy children or teens who avoid social situations or experience inordinate levels of stress or self-consciousness when speaking in groups covers such ....

Marketing Yourself When You're Shy , Claudine Edwards, Oct 1, 2001, Bashfulness, 268 pages. .

Student Shyness , M.vanaja, , , . .

Say Goodbye to Being Shy A Workbook to Help Kids Overcome Shyness, Richard Brozovich, Linda Chase, 2008, Family & Relationships, 115 pages. Say Goodbye to Being Shy is a book for children who struggle with extreme to occasional shyness. Shyness is a barrier to social and academic development which can prevent ....

Communication workshop for parents of adolescents--parent's review , Jane E. Brownstone, Carol

J. Dye, 1973, *Family & Relationships*, 17 pages. .

Growing a girl seven strategies for raising a strong, spirited daughter, Barbara Mackoff, Oct 1, 1996, *Family & Relationships*, 278 pages. Provides effective guidelines to help parents raise daughters, explaining how to avoid sexual stereotypes, widen opportunities, enhance learning, and cultivate strong, spirited ....

Shyness What it Is, what to Do about it, Philip G. Zimbardo, 1990, *Psychology*, 263 pages. *Psychology*.

Shyness and love causes, consequences, and treatment, Brian G. Gilmartin, 1987, *Family & Relationships*, 701 pages. .

Overcoming Shyness , Barbara Powell, 1981, *Psychology*, 203 pages. Techniques for mastering shyness in everyday situations include a relaxation program, sample scripts for potentially anxiety-provoking situations, and conversation openers.

The emotional care of your child , David Abrahamsen, Jun 27, 1969, *Psychology*, 287 pages. .

The Shy Child is based on pioneering research conducted at the Stanford Shyness Clinic, including surveys of people in the U.S. and abroad, interviews with children, parents, teachers, and systematic experimental research that compared the behavior of shy to non-shy people. This book documents which parenting "style" encourages self-confidence in a child, helps with the problems of being shy and provides methods for building a child's trust and self-esteem. It explores the role that school plays in contributing to a child's shyness, and suggests ways to improve the quality of the classroom experience for every child. The Shy Child is the only book to provide an effective program for conquering shyness in childhood, before it has a chance to limit a child's options and determine the course of the child's life.

I found much of this book to be very helpful, with some great tips on helping the shy child. My child is on the very extreme end of being shy, with some SID to make matters worse. Even so, I thought this book had enough helpful items to make the purchase worthwhile. I'd also like to say something about another reviewer's comment that the book doesn't mention Asperger's Syndrome. This reviewer thought it was a serious omission on the author's part not to mention AS. However, in the author's defense, I think it should be noted that this book was originally written in 1982, well before most people/professionals became aware that there even was such a thing as Asperger's Syndrome. That didn't happen until the 1990's, ten years after this book was written.

This fine reprinting (by Malor Books) rescues "The Shy Child" for the many readers who contacted me about its availability after it was put out of print by a previous publisher (in a cost-cutting institutional move). This book follows up on my earlier popular work, "Shyness: What it is, What to do about it." Whereas the research foundation, exercises, and advice I gave there was based on young adults and those upward in age, this book completes the earlier parts of the life cycle, from college age down to preschoolers. The information and ideas in "The Shy Child" came from several years' worth of observations that I and my co-author, Shirley Radl, made in schools at every grade level, from preschool, elementary, middle, high, up to college, supplemented with interviews, research, and workshops with teachers, parents, and students. We try to convey in accessible prose what we have learned about the meaning of shyness in the lives of our children, and what ways the negative impact of shyness can be reduced, minimized, and overcome through a variety of wise strategies and simple tactics. But we propose further that new efforts be directed at preventing shyness from taking hold of the child's life, some of which involve awareness of how parents, teachers, and institutions contribute to the problem and what they can do differently to create prosocial alternatives that make every child a winner. The response of earlier readers has been very enthusiastic, some even reporting "miracle" changes in their shy children, as can be witnessed in the ABC-TV prize-winning video, "The Pain of Shyness. Read more &rsaquo;

This is a lucid, informative guide to shyness in children written by a distinguished scholar. Here, Philip Zimbardo provides a summary of scientific and clinical understanding of shyness, as well as practical strategies for helping your child to overcome his or her social fears. Parents, teachers, and clinicians will welcome the return of this classic volume.

Professor Philip Zimbardo has done it again! His *The Shy Child* offers great ideas and insight into shyness and its origins. He analyzes the development and shyness and its effects on youth. It is a great tool for parents and anyone interested in discovering how shyness affects children. I can't imagine an easier to read book that is chock full of the details Zimbardo has placed in this one. I strongly encourage everyone to purchase this book and read it...you won't regret it.

I read with interest the comments made by so-called "reviewers." I merely ordered the book in hopes of helping my sister-in-law to understand why her five-year-old granddaughter hides under the table rather than face or greet us when we visit. When she is finally coaxed by her grandparents to emerge, she exhibits inappropriate behavior -at least to us. I am searching for anything that may be helpful!

I am highly incensed by some of the reviewers' remarks. Perhaps they did not take the time to read the jacket cover before purchase. It appears to me that the hostile/negative comments directed at the author are highly indicative of why he/she has a shy child: when is the child allowed to speak; and what form should it take so as not to offend/inflame the parent? Perhaps these parents are searching for the wrong books, and should examine their own priorities!

able accept activities adolescent adults anxiety attention baby become behave behavior Behavioral Rehearsal Betsy Carole Klein chil child feel classroom college students comfortable compliment Dale Carnegie dance daughter DeBolt develop dren elementary school encourage example experience eye contact failure fear feelings of shyness friends friendships girls give grade Henry Fonda important Jordan Middle School junior high school kids label less listen look Louise Bates Maria's mother ness never not-shy observed one's opportunities opposite sex peers penon percent perform physical play practice preschool problem psychologist question quiet reinforce rejected remember responsibility risk role rules self-conscious sense sensitive Sesame Street share shy child shy children shy person shy students Shyness Clinic smile social anxiety social skills someone style Suzy Suzy's talk teach teen-ager tell things tion told young younger

Richard J. Gerrig is a professor of psychology at Stony Brook University. Before joining the Stony Brook faculty, Gerrig taught at Yale University, where he was awarded the Lex Hixon Prize for teaching excellence in the social sciences. Gerrig's research on cognitive psychological aspects of language use has been widely published. One line of work examines the mental processes that underlie efficient communication. A second research program considers the cognitive and emotional changes readers experience when they are transported to the worlds of stories. His book "Experiencing Narrative Worlds "was published by Yale University Press. Gerrig is a Fellow of both the American Psychological Association and the Association for Psychological Science. He is also an associate editor of "Psychonomic Bulletin & Review," Gerrig is the proud father of Alexandra, who at age 16 provides substantial and valuable advice about many aspects of psychology and life in the 21st century. Life on Long Island is greatly enhanced by the guidance and support of Timothy Peterson.

Philip G. Zimbardo is an emeritus professor of psychology at Stanford University, where he has taught since 1968, after earlier teaching at Yale University, New York University, and Columbia University. He also continues to teach at the Naval Post Graduate School in Monterey. Zimbardo is internationally recognized as the "voice and face of contemporary psychology" through his widely seen PBS-TV series, *Discovering Psychology*, his media appearances, best-selling trade books on shyness, and his classic research, *The Stanford Prison Experiment*. His current research interests are in the domain of experimental social psychology, with a scattered emphasis on everything interesting to study from shyness to time perspective, persuasion, cults, madness, violence, vandalism, political psychology, and terrorism. Zimbardo has been a prolific, innovative researcher across a number of fields in social and general psychology, with more than 300 professional articles

and chapters and 50 books to his credit. To recognize the breadth of his research achievements, the American Psychological Association presented Zimbardo with the Ernest Hilgard Award for lifetime contributions to general psychology. He has also won the Vaclav Havel Foundation Award for his body of research on the human condition. Zimbardo has been President of the Western Psychological Association (twice), President of the American Psychological Association, Chair of the Council of Scientific Society Presidents (CSSP), and now Chair of the Western Psychological Foundation and Director of the Center for Interdisciplinary Policy, Education, and Research on Terrorism. He is most excited about the publication of his new trade book in March 2007 (Random House), which he has been working on intensely for the past several years. Its domain is the psychology of evil; its provocative title: "The Lucifer Effect: Understanding How Good People Turn Evil.

Dr. Philip George Zimbardo is an American psychologist and a professor emeritus at Stanford University. He is president of the Heroic Imagination Project. He is known for his Stanford prison study, and authorship of various introductory psychology books and textbooks for college students, including The Lucifer Effect and The Time Paradox.

Parents of shy children worry, and with good reason. Shyness can interfere with a child's growth, development, school performance and social experiences. Statistics show that 20% of children are born shy, and another 20% develop shyness. Parents who are shy themselves feel great compassion for their shy children but tend to contribute to the problem by shielding their child from difficult situations. Conversely, parents who are not shy are similarly at a loss and feel exasperated and baffled by their child's shyness. Dr. Ward Swallow addresses both of those situations.

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