

Have you ever felt nervous in new situations? Reluctant to introduce yourself? Afraid to ask questions? We all have. But if you let those worries stop you, you may miss out on real opportunity. Whether you're changing jobs, joining a group, or moving to a new city, putting yourself out there enriches life and brings rewards. What to Do When You're New combines the author's research with that of leading scientists to explain why we are so uneasy in new situations and how we can learn to become more confident and successful newcomers. With practice, anyone can get better at being new. This original book opens your eyes to the necessary skills and teaches you how to:

- Overcome fears
- Make great first impressions
- Talk to strangers with ease
- Get up to speed quickly
- Connect with people wherever you go

Blending stories and insights with simple techniques and exercises, this one-of-a-kind guide will get you out of your comfort zone and trying new things in no time.

```
window.ue_csm.cel_widgets = [
    { id: detail-bullets }, { id:
featurebullets_feature_div }, { id: summaryContainer }, { s: #revMHRL > DIV , id_gen:
function(elem, index) { return custRev + (index + 1); } }, { id: sims_fbt }, { id:
purchase-sims-feature }, { id: session-sims-feature }, { id: quickPromoBucketContent },
{ id: productDescription }, { id: technicalSpecifications_feature_div }, { id: prodDetails }
, { id: related_ads }, { id: technical-data }, { id: tagging_lazy_load_div }, { id:
consumption-sims }, { id: moreBuyingChoices_feature_div }, { id:
product-ads-feedback_feature_div }, { id: DAcrt }, { id: vtpsims }, { c: celwidget }, {
id: fallbacksessionShvl }, { id: rhf }, { id: unifiedLocationPopoverSelections }
];
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(function(a){ var
b=document.ue_backdetect;b&&b.ue_back&&a.ue&&(a.ue.bfini=b.ue_back.value);a.uet&&a
.uet(be);a.onLdEnd&&(window.addEventListener?window.addEventListener(load,a.onLdEnd
,!1):window.attachEvent&&window.attachEvent(onload,a.onLdEnd));a.ueh&&a.ueh(0,windo
w,load,a.onLd,1);a.ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.split?(b=a.ue_furl.split(.))&&b[0]
&&a.ue.tag(b[0]):a.ue.tag(nofls)))(ue_csm); var ue_pty=Detail, ue_spty=Glance,
ue_pti=0814434894; v
(function(g,h){function d(a,d){var b={};if(!e !f)try{var
c=h.sessionStorage;c?a&&(undefined!==typeof
d?c.setItem(a,d):b.val=c.getItem(a)):f=1}catch(g){e=1}e&&(b.e=1);return b}var b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(a=a.val,a (a=b.oid NI,d(csmtid,a)),c=d(b.oid),c.e
(c.val=c.val 0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(ue_csm,window); (function(b,c){ var
a=c.images;a&&a.length&&b.ue.count(totalImages,a.length)})(ue_csm,document);
(function(m,h){function I(a){if(a)return a.replace(/\\/s+ //s+$/g,)}function
x(a,e){if(!a)return { };a.m&&a.m[k]&&(a=a.m);var b=e.m e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.target&&a.m.target.tagName?b+(Error handler
invoked by +a.m.target.tagName+ tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown error,b={ m:b,f:a.f
a.sourceURL a.fileName a.filename a.m&&a.m.target&&a.m.target.src,l:a.l a.line a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:unknown,t:m.ue.d(),name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror: ueLogError)},d,c,g=0,f=0,n;c=h.location;d=a.stack
(a.err?a.err.stack:);b[y]=e[y] c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.performance&&h.performance.timing&&(c=h.perfo
rmance.timing,f=window.performance&&window.performance.now&&window.performance.
timing?window.performance.now()+window.performance.timing.navigationStart:+new
Date,b.ld=0l.mx)}{l.ec++;l.ter.push(a);e=e { };var b=a[p] e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a, e) } }function w(a,e){if(a){ var b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){ var c={ };c[d]=b;try{ var
g=h[u][v]({ rid:ue.rid,sid:m.ue_sid,mid:m.ue_mid,sn:m.ue_sn,reqs:[c] },f=h1,n;if(n!=(f[D]&&
f[D](E,g))) { var l;if(h[F]){ var k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogress=s;k.onload=s;k.timeout=0;l=k} else { var
```

```

p;if(h[G]){var q=new h[G];p=withCredentialsin q?q:void 0}else p=void
0;l=p}n=1;if(d=n){d.open(POST,E,!0);if(d[H])d[H](Content-type,text/plain);d.send(g)}catch
(r){}}else m.ue.log(b,d,{nb:1});if(!a.fromOnError){g=h.console{};d=g.error g.log
s;c=h[u];f=Error logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieUserJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no info provided; converting to string failed}else
f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,N=navigator,D=sendBeacon,v=stringify,u=JSON,p
=logLevel,q=attribution,y=pageURL,r=skipTrace,H=setRequestHeader,k=message,s=function
(){},E=//+m.ue_furl+/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_chan
jserr,z=FATAL,J=v6,A=20,t=256,L=RegExp(?(^[s]*):(d+):d+)??.split(
).join(String.fromCharCode(92))),K=/.*@(.*):(//d*);x[r]=1;C[r]=1;w[r]=1;(function(){for(var
a,e=0;e(function(c,d){var b=c.ue,a=d.navigator;b&&b.tag&&a&&(a=a.connection
a.mozConnection
a.webkitConnection)&&a.type&&b.tag(netInfo:+a.type)})(ue_csm>window);
(function(c,d){function g(a,b){for(var c=unknown,d=0;d
ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:function(){return void 0!==(b 0)}}}function
h(a,b,c){return{name:a,getFeatureValue:function(){return b===c 0}}}}function
g(a,b){return{name:a,getFeatureValue:function(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5,1)) ue._bf.modules.push(ue._bf.mpm(cc_ie6,1))
ue._bf.modules.push(ue._bf.mpm(cc_ie7,1)) ue._bf.modules.push(ue._bf.mpm(cc_ie8,1)
) ue._bf.modules.push(ue._bf.mpm(cc_ie9,1)) (function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=(/[w//-]+)/);a=null!==(a?a[1]:null);var
b=ue_sid,c;Date.now?Date.now():(new Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&ue_sid&&(d[ue_sid]=1,e.attach(beforeunload,c),setI
nterval(c,1E3)))(ue_csm>window,document); ue_csm.ue.exec(function(e,f){var a=e.ue
{ },b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_previousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&b&&a.ssw(CSM_previousURL,b);d=c?reload:d?int
rapage-transition:first-view}else d=unknown;a._nt=d,NavTypeModule)(ue_csm>window);
var ue_mbl=ue_csm.ue.exec(function(e,a){function k(f){b=f
{ };a.AMZNPerformance=b;b.transition=b.transition { };b.timing=b.timing
{ };if((f=a.webclient&&function===typeof
webclient.getRealClickTime?a.cordova&&a.cordova.platformId&&ios===cordova.platformId?
!1:!0:!1)&&b.tags instanceof Array){var c;c=-1!=b.tags.indexOf(usesAppStartTime)
b.transition.type?!b.transition.type&&-1 (function(b){function
c(){if(a.log&&a.log.isStub){var b=unknown;a.log.replay(function(a){var
c={ };c[a[1]]=a[0];b.push(c)});b.length&&k(b)}function
k(a){if(e)a=f(a),b.navigator.sendBeacon(g,a);else{a=f(a);var c=new
b[d];c.open(POST,g,!0);c.setRequestHeader&&c.setRequestHeader(Content-type,text/plain);c
.send(a)}}function f(a){return
JSON.stringify({rid:b.ue_id,sid:b.ue_sid,mid:b.ue_mid,mkt:b.ue_mkt,sn:b.ue_sn,reqs:a})}var
d=XMLHttpRequest,a=b.ue,l=b[d]&&withCredentialsin new b[d],e=b.navigator&&
b.navigator.sendBeacon,g=//+b.ue_furl+/1/batch/1/OE/,h=b.ue_fci_ft;a&&(l
e)&&(a.attach&&(a.attach(beforeunload,c),a.attach(pagehide,c)),h&&b.setTimeout(c,h),a._ffc
i=c)})(window);

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