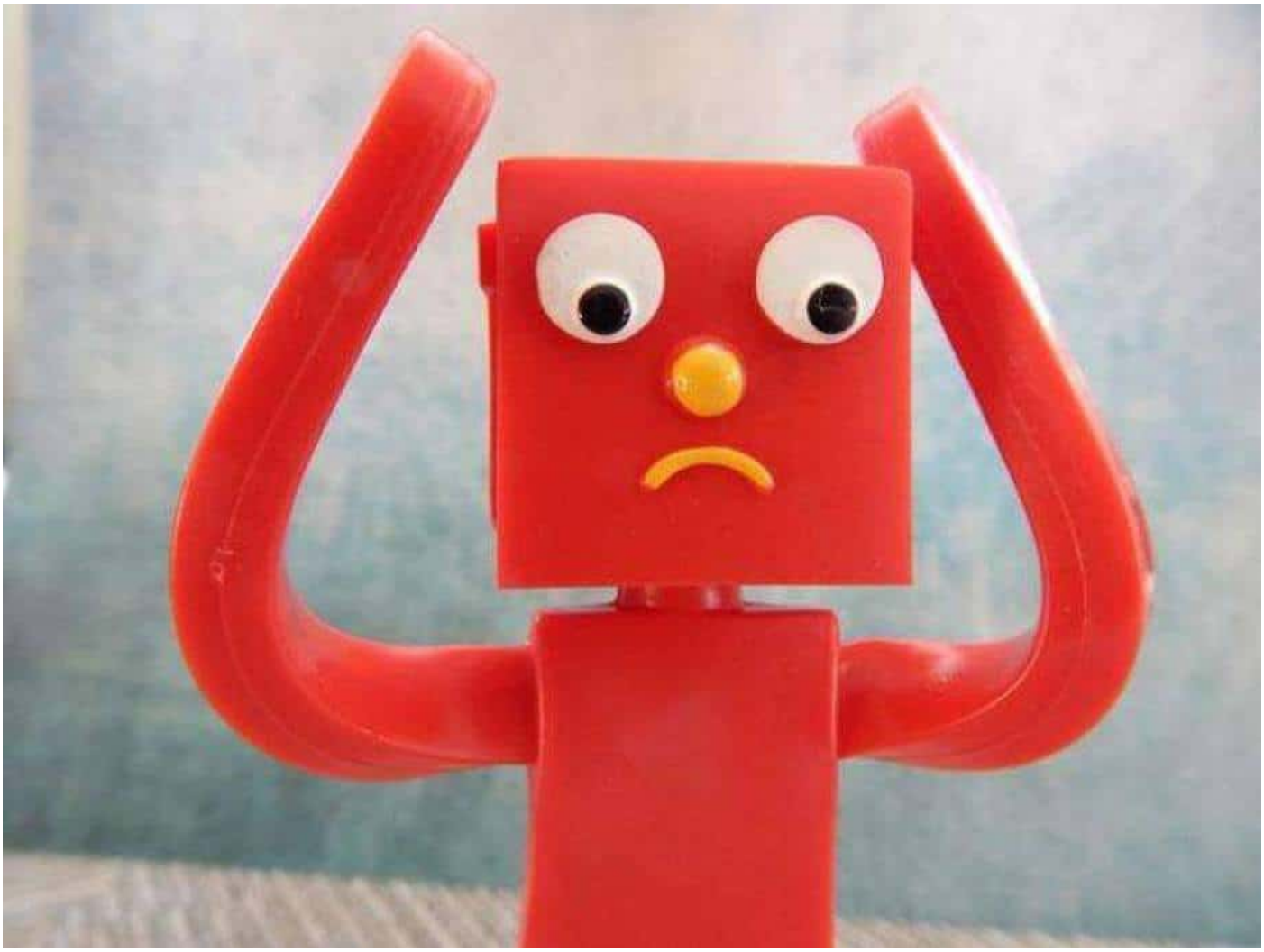
Why the other things you've tried haven't worked?

Getting started · https://www.makingmoves.net/FAQ/why-other-courses-havent-worked/



You may have tried lots of things to come out of your shell or to get over feeling inhibited, shy or self-conscious.

- You've read all the books about it?
- Been to workshops that promised to change your life?
- Done assertiveness, presentation or confidence-building courses?

- Learned countless success techniques?
- Or, have been going round and round in circles in therapy talking about your issues?

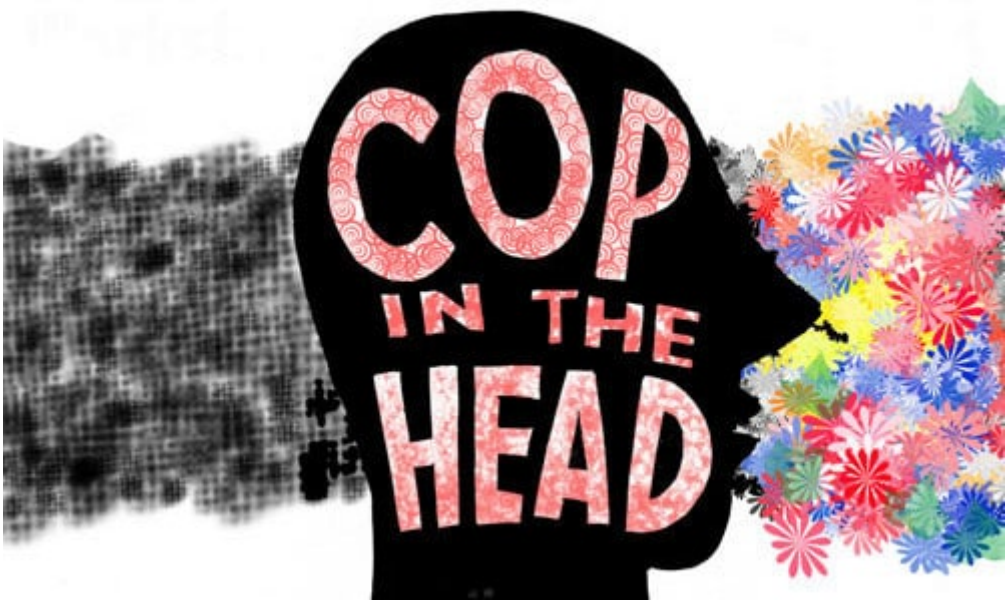
But you’re still stuck in your shell.

It’s true. It’s not so easy to break out of your shell if you’ve been there a long time

It’s human nature to **fall back into old habits.**

However, there’s a very good reason why most of these approaches haven’t worked:

They’re head-based – and you can’t come out of your shell if you’re in your head, sitting on a chair or lying on a couch. **It is simply impossible.**
They’re a technique – and it takes **a long time** for a technique to become second nature; however hard you work at it.
They’re not designed specifically to move you out of your shell.



It’s very difficult to come out of your shell when there's a cop in your head telling you "you're doing it wrong!"

Many people struggle with self-consciousness in some form or other

They may describe it as a **lack of self-confidence**, **feeling inhibited**, feeling **stuck**, **confused**, or **depressed**.

It may be a sense that life is passing them by and they are **not fulfilling their potential**.

Feeling Locked Away



It all boils down to the same thing. **Of feeling locked away, boxed in, or trapped within yourself.**

This may be because you are:

- An introvert, like me, and have a tendency to withdraw into yourself.
- Reserved, shy, or quiet.
- Have had some tough experiences in your life that you've never quite got over (sometimes in spite of years of therapy).

If you experience any of these issues, there is a way out of this

I've done it myself, and I've helped **hundreds of people** like you do the same.

What will work?

The Sunflower Effect Courses® work because:

They are **designed for you to come out of your shell** at your own pace and in your own way.

They will **get you out of your head** so you will start operating from a more intuitive place.
Watch the world open up for you in surprising ways as more of the "real you" comes out.
They are not a technique but will **shift you at a fundamental level**, so you will find yourself behaving in new and surprising ways without even thinking about it.
They are **fun**, and that actually is why they work so well.
They won't break the bank. I offer these courses at **affordable** rates and you can pay by instalments to make paying as painless as possible.

The Sunflower Effect® will enable you to say goodbye to your wallflower existence and become a "Sunflower"....

Someone who is naturally self-confident.

Next Steps

Read the **Sunflower Manifesto** to discover the journey we take people on when they join one of the **Sunflower Effect Courses**®.

It doesn't matter how inhibited or self-conscious you are.

I have helped people with very severe issues who believed they would never get over their problems.

And don't worry if you've spent a lot of time and money on other approaches. Nothing has been wasted.

When you join the Sunflower Effect Courses, the previous work you've done will enable you to **break out of your shell FASTER.**



Participants at the book launch of "From Wallflower to Sunflower"Finding Freedom

Want to know:

How the Sunflower Effect works

How to get started

Which course is right for you?