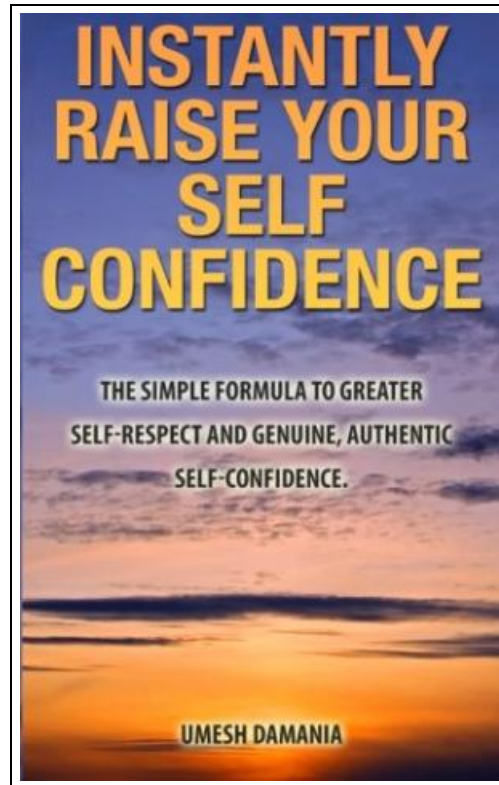


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Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Umesh has a talent for getting to the heart of the matter and with Instant Confidence he skilfully guides you through the process of finding the real you. The simple exercises Umesh has created are presented in an easy to follow actionable style that really works on creating the change you need. Awesome stuff Umesh! Clive Merrick Enjoy a personal transformation. Find the secrets to more fulfilling relationships. Wow! Those are some big promises. And Umesh delivers. Throughout the pages of Instant Confidence are all the steps you ll need to take a journey to the future you want, but haven t been able to reach till now. Umesh implies some heavy change will come your way through a journey to greater self-confidence. And they will. Have you got the confidence to do anything? You will have after you complete Umesh s boot - camp of exercises. Instant Confidence is a dynamite confidence-builder. You ll enjoy this journey. I did. You ll start off figuring out why you re shy of confidence. Self-questions are key. The more you ask yourself why you do stuff, the closer you ll get to understanding what needs to change in your behaviour and habits, to get the self-confidence you want. He advises journaling, which has two main benefits when used to as an aid to change behaviour. You ll see how far you ve come, which is always a great motivator, because tasks and goals do have hard parts to them. And while on your journey, you can read over your entries to see how your thinking changes as you develop more confidence. In part one, Umesh helps you to better...

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