

The Confidence Course (New edition)

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Reviews

It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out. (Dr. Kayden Gerlach)

THE CONFIDENCE COURSE (NEW EDITION)



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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Confidence Course (New edition), Walter Anderson, ""The confidence Course" is real, not psychobabble. Walter Anderson shares practical, insightful advice based on real-life experience. It touches people -and it works. It's not the usual 'feel-good' counseling that doesn't last." -- Alexandra Penney"For those afflicted with self-doubt, "The Confidence Course" is as sharp as a surgeon's scalpel and as sweet as salvation. It shows you how to reach down into your own pain and mine it for the jewels within." -- Andrew VachssBased on Walter Anderson's popular course at the New School for Social Research in New York City, "The Confidence Course" teaches you how to make anxiety your ally and overcome crippling self-doubt. In 20 interactive lessons, complete with exercises and reallife examples, renowned storyteller and editor of " Parade magazine," Walter Anderson combines his gift for helping people tell stories with his Marine Corps training and presents a series of lessons that become a way of life. There are chapters on simple and practical matters like How to Overcome Shyness, How to Handle Mistakes and How to Handle Criticism, as well as larger lessons like Why Am I So Angry?, The Abuse of Love, Believe in Something Big and How to Choose the Life You Want. Called the Dale Carnegie of our time by "Kirkus Reviews," Anderson has filled the book with appealing epigrammatic principles and rules to live by." The Confidence Course" will take its place on the bookshelf alongside" How to Win Friends and Influence People." "The Confidence Course" is a powerful and inspiring book, written with passion and immense strategic sense. It provides a complete guide to a successful life written by someone who knows firsthandwhat it's like to make it from the bottom." -- Sylvia...

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