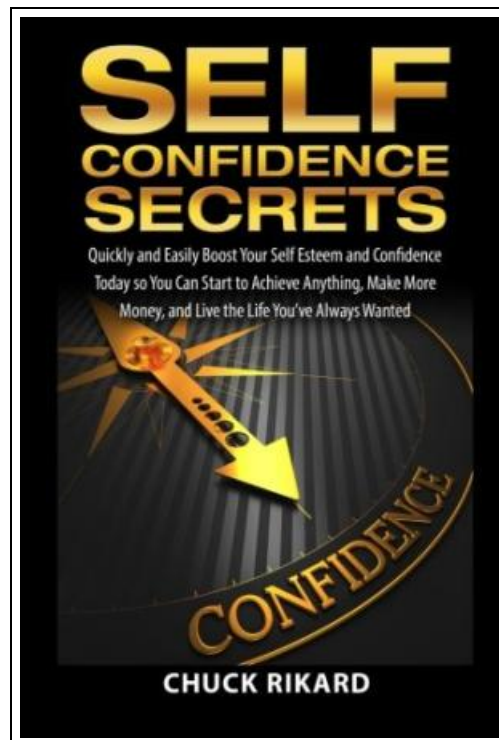


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(Dr. Kayden Gerlach)

SELF CONFIDENCE SECRETS: QUICKLY BOOST YOUR SELF ESTEEM AND CONFIDENCE SO YOU CAN ACHIEVE ANYTHING (PAPERBACK)



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Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Self Confidence Secrets The secrets are super actionable and so easy to implements it s amazing! I started testing just one or two of the secrets and the results in my confidence so far have been huge! - Peter A. Is your Self-Esteem taking a whipping? Maybe your Self-Confidence is non-existent. Self-confidence is something we all need, but unfortunately, we can t just run out to the store and buy it. It is something that must come from within, and for some, it can be incredibly difficult to achieve. Are you spinning your wheels trying to achieve your goals? Self-confidence is important to have in the work place, in your social circles and in your home life. When you are lacking in confidence, you will hold yourself back from being your best. You have the power within to do anything you set your mind to and I am going to show you how. Self Confidence Secrets contains the tools you need to bolster your confidence and self-esteem so you can live your dreams! This book contains proven steps and strategies on how to increase your self-confidence quickly. I will show you how to change your life for the better and boost your self-esteem in the process using simple, easy-to-learn skills and exercises that will give you a lifetime full of meaning and happiness. One of the biggest causes of low self-esteem and lack of confidence is underlying insecurities. It is vital to identify these and learn how to effectively manage them. I will show you how. Here Is A Preview Of What You ll Learn. Importance of Self ConfidencIdentifying InsecuritiesEffective Management of InsecuritiesFailure is Your FriendOvercoming ShynessAchieving Your GoalsHealth and Wellbeing10+1 Quick...



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