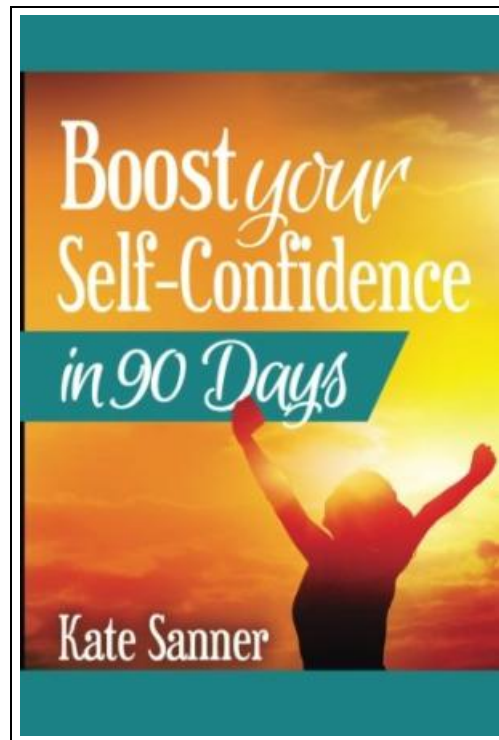


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What would you be doing right now if you had the self-confidence to do it? Getting a better job? Performing better at your job and gaining more recognition? Starting a business? Charging what you re worth in your business? Doing public speaking? Being able to converse with anyone.even in a room full of strangers? Imagine doing something in 90 days with ease and confidence that you ve been avoiding for a long time (maybe even years)! You can achieve self-confidence in any area of your life and the program in this book gives you the tools to do so. The book contains a skill building program that promotes taking small actions on a daily basis over a period of 90 days. It will: enable you to identify the area in your life or business where you need to increase your self-confidence give you a systematic plan to implement change and achieve the self-confidence you desire Self-confidence isn t just a feeling you have or a personality trait. Self-confidence comes through doing, taking action effectively, building skills and becoming competent in any aspect of your life that you would like to improve. - Kate Sanner Kate Sanner has been a psychotherapist, coach, trainer and educator for over twenty-five years and has helped scores of people to live more productive and fulfilling lives.

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