



## 50 Tips to Build Your Confidence (Hardback)

By Anna Barnes

Summersdale Publishers, United Kingdom, 2015. Hardback. Condition: New. Language: English . Brand New Book. Feeling confident and having high self esteem help us to lead a happy life and achieve our goals, and yet sometimes it's all too easy to lack faith in ourselves. This book of simple, easy-to-follow tips provides you with the motivation, tools and techniques needed to shake off your worries with a positive, assertive, can-do attitude and boost your confidence in everyday life.



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