



Confidence [Taschenbuch] by Yeung, Rob

By Rob; Yeung

Pearson Prentice Hall Life, 2011. Taschenbuch. Book Condition: Neu. Gebraucht - Wie neu Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - This book will transform your life. With confidence you can make a success of just about anything! The second edition of this bestselling book combines the best and most effective methods from CBT, NLP, sports psychology, positive psychology and much much more, into a definitive and indispensable guide to feeling confident, acting confident, being confident and using these positive mindsets to achieve all your goals. There's no psychobabble, no confusing jargon and no demanding and unrealistic expectations, just quick and brilliant 'Dos' and 'Don'ts' that get you right to the heart of confidence. Written by a top business and life coach, this new edition features new chapters and content on dealing with conflict, holding confident conversations, confident dating and the 10 Top Tips to boost your confidence NOW! 272 pp. Englisch.



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Reviews

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