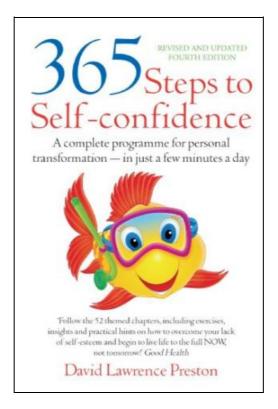
365 Steps to Self-Confidence (4th Revised edition)



Filesize: 1.97 MB

Reviews

This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me). (Delbert Gleason)

365 STEPS TO SELF-CONFIDENCE (4TH REVISED EDITION)



Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, 365 Steps to Self-Confidence (4th Revised edition), David Lawrence Preston, Confidence is crucial to a happy and fulfilling life. And yet many of us lack confidence and self-belief. As a result, we are less adventurous and less likely to get the most out of life. This book is a carefully structured, daily programme covering the following areas: - Deciding to be confident - Harnessing self-awareness - How to think confidently - Using your imagination to improve your self-image - How to act with confidence - Communicating with confidence Each of the 52 sections contains information, insights and words of inspiration, plus seven exercises and practical hints or points to ponder. Fifteen minutes a day will give you tools and techniques which have worked for millions of people around the world. If you read the material carefully and apply what you learn, you really will notice big changes taking place within two or three months. A year from now you'll be amazed at how much more confident you've become. Contents: - 52 themed sections, one for each week, from 'How to build confidence', 'Getting motivated' and 'Find a purpose', to How to ask for what you want' and 'Lighten up' and 'Choose peace'. - Each section has 7 practical insights, exercises and things to put into practice.



Read 365 Steps to Self-Confidence (4th Revised edition) Online

Download PDF 365 Steps to Self-Confidence (4th Revised edition)

You May Also Like



Self Esteem for Women: 10 Principles for Building Self Confidence and How to Be Happy in Life (Free Living, Happy Life, Overcoming Fear, Beauty Secrets, Self Concept)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Self Esteem for Women 10 Principles for building self confidence and how to...

Save ePub »



Baby Bargains Secrets to Saving 20 to 50 on Baby Furniture Equipment Clothes Toys Maternity Wear and Much Much More by Alan Fields and Denise Fields 2005 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Save ePub »



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

Save ePub



Anything You Want: 40 Lessons for a New Kind of Entrepreneur

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Anything You Want: 40 Lessons for a New Kind of Entrepreneur, Derek Sivers, Anything You Want is Derek Sivers' iconic manifesto on lessons learned while becoming...

Save ePub »



Daddyteller: How to Be a Hero to Your Kids and Teach Them What's Really by Telling Them One Simple Story at a

 $Create space, United States, 2013. \ Paperback. \ Book \ Condition: New. \ 214 \times 149 \ mm. \ Language: English. \ Brand \ New \ Book \ ****** \ Print on Demand \ *****. \ You have the power, Dad, to influence and educate your child. \ You \ can...$

Save ePub »