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Confidence: Gaining The Confidence You Need To Succeed In Life



Synopsis

Become the confident and vibrant person that you've always wanted to be! Gain the confidence you need to succeed more in the workplace, and become more successful. Confidence is a trait that some people have and everyone else wishes they had. It is the ability to go up to anyone and feel at ease, to never feel like there is something to be scared of, and the ability to bring about the life that you want. And while you may be one of those people who doesn't have a lot of confidence within you, this is a trait that you can learn to work with. You may have to fake it for a little bit, but soon, you can be as confident as the next person, no matter what kind of personality you are dealing with. This book is going to spend some time looking at confidence and exploring the different ways that you can start to add it into your life. We start out by looking at negative thoughts and how they are making your confidence go away. It is hard to have confidence and feel good in a variety of situations if your own thoughts are negative and always tell you how horrible you are. With a bit of work, you can turn all of these negative thoughts around and start seeing your own self-worth. We then move on to some of the other aspects of confidence that you will need to work on in order to bring this personality trait into your life. We explore how anxiety and fear can be holding you back, how even a shy person can exude confidence with a bit of practice, how practicing confidence can make it become a reality, and so much more. No matter who you are, confidence can become a part of your daily life. It is going to be hard, but with the right dedication, you are sure to get the life that you want. More specifically, you'll learn: What is true confidence and why is it important? How to turn off negative thoughts about yourself.

Book Information

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Customer Reviews

If your self-confidence is low, has the eagerness to step up but do not know how and when to start, this book would hold your hand all the way before you even take your first step. It would contribute strength to your spirit and mind as it would guide you to know yourself better and get deep inside to have the drive and full trust in your own abilities. This guide carries a very powerful force on this subject. This book was very important to provide good advice to explain and help people like me in particular. Advice may be implemented at a time by anyone realistic. After reading this book my confidence has sky-rocketed.

So many people are looking to gain more confidence and Jimmy Cooper gives an amazing, easy to read and very practical guide on how to do just that. We all can get lost in our negative thoughts sometimes and we all have experienced social anxiety. Jimmy comes up with simple solutions that you can incorporate in your life right away.

I really think everyone should read this book. It has great tips and advice. It is a great confidence builder.

You will gain the confidence you need to succeed in work, life and social situations. Who doesn't want more confidence?

Great really helpfull for those who want to go far in life and have goals and dreams gud luck my friend

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