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Confidence: My Personal Guide to Building Self-Confidence That Will Destroy Your Shyness, Boost Your Self-Esteem & Help You Achieve Your Goals (Change Your Brain, Change Your Life) (Volume 2)

Paul Goleman

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Nobody doubts that setting goals is one of the most important keys to making life changes, regardless of the whether they be big or small. While some of us have no problems identifying the goals we want to achieve, putting the plan into action remains a difficult task more than we can imagine. Confidence is a trait as well as a state of the mind and an experience all put into one. It can be developed, given or even tarnished at the same instance. Developing self-confidence requires one to accept who they are, their ability to do things and the courage to face challenges. Confidence IS ONE OF THE SUCCESS INGREDIENTS and those who are short of self-confidence often find it challenging to venture into new areas in life. Knowing that you need to do better and getting to do it are two different things which take steadfast self-confidence. Having the confidence to accomplish something challenging is much easier said than done for most of the people. Causes for low self-esteem can be deeply rooted and often is traced to dreadful childhood, or recent rejection and disappointments. Whatever the cause, gaining self-confidence is a challenge that majority of us struggles with; it is essential that we all overcome this struggle that is a stumbling block to our success. Developing self-confidence cannot be possible overnight or in a short span of time. This book has been written to aid you to make the most out of your life by understanding all the nitty-gritty of self-confidence. My goal is to help you understand how to develop more confidence in your abilities and to avoid the dangers of low self-esteem. You will be able to heal your relationships, having an easy time at the workplace, boosting your self-esteem, achieving your personal goals, having a better sense of self-defense and much more! I, therefore, urge you to grab a copy today and follow each and every steps described.!!!!

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