



## The Little Book of Confidence: Cool Calm Collected

By Tiddy Rowan

Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, The Little Book of Confidence: Cool Calm Collected, Tiddy Rowan, There are few people who have not gone to a party, a business presentation, a meeting or social occasion feeling a lack of confidence or an increased amount of self-consciousness. Reading this book will help transform the former wallflower into a sunflower. The Little Book of Confidence shows us how to challenge our preconceived notions about confidence. Through tips, quotes and practical exercises we can learn how to restore or improve positive faith in ourselves through heightened levels of competence, compassion and self-awareness. But this is more than a book about selfconfidence. To be in someone's confidence is a complement of trust in a friendship or business relationship. To have confidence in a proposal, a plan or a person is a declaration of positivity. Confidence is also an expression of self-assurance that is transmitted through body language. Throughout this book, different aspects of confidence are clearly presented in bite-sized nuggets of information and inspiration showing the reader how to get the best out of this often-elusive quality.

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