



The 21-Day Self-Confidence Challenge: An Easy and Step-By-Step Approach to Overcome Self-Doubt Low Self-Esteem and Start Developing Solid Self-Confidence

By 21-Day Challenges

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The 21-Day Self-Confidence Challenge, the ninth book in the 21-Day Challenge series! Are you tired of self-doubt, self-criticism and holding back? Do you often feel like you re not good enough? Are you ready to change your life and reclaim your self-confidence? Lets start with a thought experiment. Take a moment to imagine yourself, only a supremely confident version. If you have a ridiculous imagination like I do, you might like to really run with this and have fun. If you had zero body hang ups, no doubts about your value as an employee, no worries about your innate lovability and no second guesses as to how good your karaoke really was and whether people have just been lying to you this whole time .what would things look like? Think of how you d be at work, at home, with those you love and those you don t. Think of all the things you d do differently. Imagine yourself saying and thinking all those things, now, in detail. Now, this is the important thing: you can feel this...



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