



Building Confidence Get Motivated, Overcome Social Fear, Be Assertive, and Empower Your Life For Success

By Barrie Davenport

Bold Living Press. Paperback. Condition: New. 158 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. SKYROCKET CONFIDENCE: Learn the Evidence-Based Skills of Building Your Confidence Want to feel completely at ease with yourself and your capacity for success in work and life Right now, you might know exactly what you want for your life, the goals you want to achieve, the people you want to meet, the skills you want to learn. You have the intelligence and know-how to improve your life. But there's one thing missing confidence. Without confidence in yourself and your abilities, you remain stuck in fear and self-doubt, even as you long for change. But there is a solution. You don't have a life sentence of low confidence. You CAN learn the proven skills of confidence and upgrade your entire life! Determine Deconstruct Develop A Confident New You The first step toward confidence is to determine exactly where you're missing it and the beliefs and behaviors holding you back. Next you need to deconstruct old ways of thinking and patterns that keep you bound to the status quo and prevent you from taking confident action. Finally, you need to develop new mindsets and skills to practice regularly in...

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