



More self-confidence - 10 powerful and easy steps to more self-esteem, self-confidence and self-awareness

By Madame Missou

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 28 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. About the book A 45-minutes-guidebook especially for women, which mindfully teaches you. the secret of real strong women, who know their value. . . . that life requires us to stand up for ourselves. . . . only to say yes if you want to say yes. . . . to allow yourself some time-off regularly. . . . how to have the courage to be easy-going. . . . to catch the inner critic inside you. . . . that you are not a child anymore. . . . how to call up your strengths. . . . to get yourself some back-up. . . . to look for ideals. This 10 steps can certainly change your life - both in private and at work. Table of contents More self-confidence: 1. Introduction 2. A healthy self-confidence: a stable fundament for every situation in life 3. Self-confidence can be learned 4. The 10 most important steps to a stable self-confidence 4. 1 Switching from self-depreciation to self-appreciation 4. 2 Practicing positive thoughts 4....



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