



Self-Confidence: How to Develop Self Confidence and Overcome Anxiety, Fear, & Self-Doubt - (25 Proven Ways to Boost Self-Confidence)

Kathleen Rao

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If you're feeling insecure, anxious, or experiencing self-doubt and you want to learn some easy and proven ways to increase your self-confidence that will actually give you control over your own self-confidence and self-esteem, then this book is for you!

Developing self-confidence is all about becoming comfortable with who you are and what you can do, and understanding your own value. Self-confidence and self-esteem are essential to success, and people who lack these traits find it very challenging to become successful. Without self-confidence, it's difficult to get out of your comfort zone to seek something better. Self-confidence and appearing confident are two very different things. Appearing confident can be acted out, whereas self-confidence comes from within. By focusing on improving your self-confidence with these simple yet effective tips, you will eventually develop a natural projection of confidence that requires no effort at all.

Here Is A Preview Of What You'll Learn...

- What Self-Confidence Is and How it Works
- The Impact Self-Confidence Has on Success
- 25 Specific Ways to Increase your Self-Confidence, each Described in Detail
- Much, much more!

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