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Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety, Confidence, Charisma, Introvert)



Synopsis

Updated and Revised, 3rd Edition! Let's see what some readers had to say... "I would recommend this book to everyone, even my most confident friends." - Amy "This is a great book full of motivation, fire, and good advice." - Rory "This is a gem of a book amongst self-help books." - Natasja
It's Time To Transform Your Life and Unleash the Beast! Do you feel a surge of anxiety communicating with new people? Do you look at yourself in the mirror and feel resentment? Is your shyness and fears hindering you from living life to the fullest? Let's free you from these problems forever! You must learn to trust in your own capabilities. You see, true confidence is born, not from knowing everything there is to know, but from knowing that you can face down and handle any situation, no matter what it is. Time to free the BEAST! ***Free BONUS VIDEO At The End Of The Book That Will Boost Your Confidence To The Next Level!*** In This Book You Will Learn... Proven and effective strategies on how to get rid of your shyness and anxieties forever How to have the confidence to do anything with your life How to remove the negativity that has imprisoned you from achieving your very best How to have the mindset of the most confident and successful people in this world And much, much more! Your Life Change Starts NOW! Stop thinking, take ACTION and Buy This Book!

Book Information

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Customer Reviews

Everyone can use some tricks to boost their confidence and this book will help even the least confident person confident for good. This book explains the different types of confidence and what changes you can make in your life to be the most confident, happy person. I feel like Iâ™m a pretty confident person, but this book spoke to me, in that we can all make changes to better our lives and increase our happiness. One of those changes the author writes about is setting long-term goals and working backward to plan out the achievement of those goals â€” setting short-term goals within the ultimate long-term goal. When reading this book, it is evident that the author is speaking from experience and only wants to share the steps he took to improve his own life with others. I would recommend this book to everyone, even my most confident friends.

First, I love the cover. I also love the use of the quotes throughout the book to emphasize the message of that particular passage. This is a great book, full of motivation and fire, and good advice. There are a lot of good points made throughout the book, but some are worth highlighting above the others. One of the best things I read in this book was the author advising the reader to â€œLearn what is great about you.â€• Self-Exploration is a grossly underused self-help technique. Looking deep inside yourself and taking stock of your own positive aspects can help to build self-esteem and confidence. I also liked the suggestion that you write your own memoir. That way you have to take a purely objective look at yourself, as if you were writing about a stranger. Sometimes this can help to break down some barriers, and allow you to truly see yourself. His is a quick read, but itâ™s worth it.

I'm always looking for ways to improve my confidence so this book was a must read for me. There are definitely tips in here that I've never heard of but make sense for me to start implementing in my life. I've always been an introvert, but I don't want my shyness to keep me from living the life I truly desire. The video bonus at the end was also an amazing confidence booster. I know that If I work on the 5 steps outlined in this book that over time I'll be who I am really meant to be and achieve great things in the future.

I have a stage fright and I cannot speak with crowded audience. Because of this problem, I usually get afraid on what will be their comments. I got a bad impression from my Team Leader and my

Co-team even though I perfectly manage to create my presentation. It's very useless if I cannot speak what is inside of my presentation. I had to find something that can boost my confidence. I search and found this book. The title looks interesting and it suits my needs. I read it and got hooked on it. Parker provides great explanation and helpful advises which is very important especially for a person like me. I had a great time reading it and made me realize how important to be confident on myself. I will follow his advises and be a great person. It will take awhile before I could really be very confident but I know I will be. Thank you, Parker for writing a book like this.

This is a great helpful book. This is not just a book about confidence, it's a book about success in life in general. This book explains ways on how to gain that confidence and tells you that you are not alone and that it is not too late to change from having no confidence in yourself to having confidence. This book has indeed been very helpful, the tips given in this book to build self confidence are simply incredible and I particularly find the one about positive thinking and also drawing a line between confidence and over confidence very helpful. This is really a great book and recommended to everyone even if you don't have any issues with confidence you would still learn a lot on how you would walk towards life and having a great mood and positive outlook. Almost, this is a great book on helping your self-confidence. I also learned that I should start removing the negativity on my life, in order for me to be successful.

I am generally researching to boost my own assurance which means this e-book ended up being essential examine in my opinion. You will discover definitely ideas in in this article of which I've never ever heard about but be the better choice in my opinion to get started on applying around my existence. I've been a good introvert, but We do not need my own shyness to keep everyone coming from existing the life span I truly want. The video bonus at the end ended up being likewise a fantastic assurance booster. I understand if We work on the 5 actions layed out on this e-book of which with time I'll be who My business is really meant to always be and also gain great issues in the foreseeable future.

If your self-confidence is low, has the eagerness to step up but do not know how and when to start, then this book is definitely a must have. A great guide in building and boosting your self confidence. This is a very powerful and empowering guide to building up your confidence.

The feeling of being very shy, total lack of confidence and not being able to contribute on any

subject matter, not being to talk in the presence of your mates is actually not a very good feeling, I know this because I have a very good friend who suffers from this feeling of inferiority complex everyday and I have been looking for ways to help him, so as I was surfing I found this book which has indeed been very helpful, this totally awesome book has introduced me to enough tips that I have found useful on how one can build confidence and completely destroy shyness, it has also shown me how one can change their way of thinking from a negative one to a positive one.

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Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety, Confidence, Charisma, Introvert) Introvert: The Introvert's Ultimate Guide- Unleash your Power and Potentials to Succeed! (introvert, introvert's guide, introvert success, introvert power, introvert's ultimate guide) Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Introvert: modern day guide for introverts, ways to conquer fear and find happiness (shyness, social anxiety, success, confidence, relationship) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment) Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Superhero Killer Confidence: Easy Actions to Boost Your Self-Confidence through the Roof, Overcome Your Fears and Break through Any Barrier: (Become Unstoppable and Live Life to the Fullest) Confidence: Boost Self Esteem, Charisma, Overcome Anxiety, Stress and Change Your Life Unstoppable: 10 Powerful Habits To Become Unstoppable, And Develop A

Strong Confidence To Finally Destroy Self-Doubt Forever (Achievement, Success, Solve Problems, Reach Your Goals, Relentless) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) The Modern Alpha Male: Authentic Principles to Become the Man You Were Born to Be: Attract Women, Win Friends, Increase Confidence, Gain Charisma, Master Leadership, and Dominate Life - Dating Advice

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