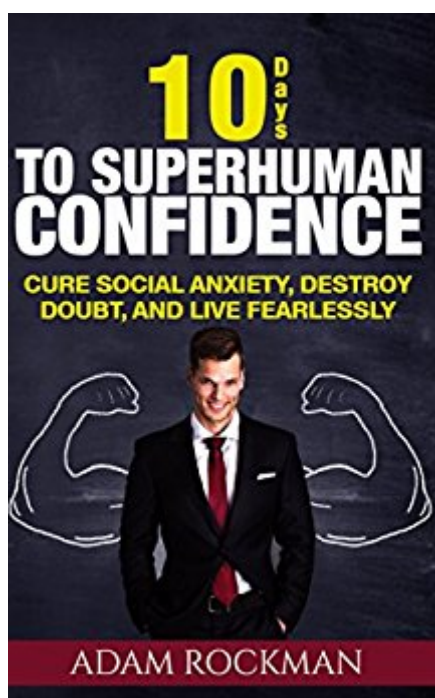


The book was found

10 Days To Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, And Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT)



Synopsis

UNLEASH YOUR CONFIDENT SELF! You can build indomitable confidence that gets you the life you want. You can face your fears, talk to attractive people you want to meet, take risks, and eliminate your self-doubt. This isn't just a usual self-help book. It's a proven guide for changing your beliefs about yourself, happily facing your fears, and building the life you desire. How many amazing opportunities have you missed because shyness or fear prevented you from simply starting a conversation or expressing yourself? Would you like to feel ASSERTIVE?, CONFIDENT?, LOVED?, VALUED?, RESPECTED?, AMBITIOUS?, OPTIMISTIC? If yes, then you MUST read 10 Days to Superhuman Confidence! This is the first book in the SUPERHUMAN IMPROVEMENT series by Adam Rockman. It includes everything you need to completely transform everything that has been holding you back from unleashing your true, confident self. This book includes many proven techniques for changing your inner beliefs. It can help you destroy the negative, nagging voice of self-doubt that prevents you from trying someone new you think you would enjoy. You don't need to make up excuses to justify avoiding the life you really want. You can't achieve the success you want in relationships, dating, business, and every area of your life if you don't believe in yourself. The criticism of others, and your own negative thoughts may be preventing you from seeing your actual potential. But that will all CHANGE TODAY when you Get this book! How many of your goals could you have accomplished by now if you'd had the confidence to achieve them? 10 Days To Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly prepares you mentally for the challenges of improving your life and developing the real confidence that is the key to your success. Inside you will learn: How to Change Negative Beliefs, How to Love Taking Risks, How to Be Self-Reliant, How to Maximize your Potential, How to Be Assertive, How to Change Bad Habits, How to Deal with Criticism, And Much More! This program has already successfully helped many people improve their life and it can help you too! See what others are saying: "I wish I had read this book years ago. I feel like so much of my time has been wasted just sitting at home terrified to talking to new people in even the simplest interactions. This book has helped me to finally realize what I have been afraid of. I don't need to worry about making everyone like me anymore. And the amazing thing is, this realization gives me so much more freedom to go talk to people and socialize. I feel free every time I talk to a new person and it's beautiful! As a result, I'm making lots of new friends and I don't worry what people think of me anymore." -Jeremy Cole "I learned a lot more than I expected I would from this book! I learned what confidence and fear really are! It's amazing how the brain works and how with the right tools I can actually change the way I think and communicate with other people. I used to be much

more shy, but after reading this book and following all the suggestions, I have completely changed my life! I'm literally a completely different person now. People who knew me before can't believe it when they see I can charm an entire room of strangers because I used to be scared of just asking directions! This book should cost much more for the value I got from it." - Jan Soresby

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Book Information

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Customer Reviews

I feel 10 times more confident after reading this book! I have read several books about confidence recently and this is definitely the best one. It's like the author was able to read my mind and dissect exactly what was holding me back! All the examples were like a reflection of all my limiting beliefs. Such as my fear of rejection, or my approval seeking behavior. At first, I resisted admitting that I had these problems and anxieties, but I followed the advice of this book and realize that what I originally assumed to be confidence, was actually a fragile pride in limited success. I've wasted too much time trying to please everyone when I should actually be trying to first satisfy my own needs and goals and then ideally using what I learn to contribute to the world. I like the model of human development presented in this book. The author uses it as a framework to show how

confidence manifests at different stages in your psychological development. This really helped me figure out what I needed in life in order to build the kind of confidence and life I want. Besides that, the great value of this book is the 10 day confidence-building plan included within. I followed the exercises, and though I haven't yet gotten through the entire 10 days yet, I actually feel happy and in fact liberated to know that I can actually step out of my comfort zone and have fun! I'm finally starting to believe in myself and I'm very grateful to have found this book!

This book incorporates numerous demonstrated methods for changing your inward convictions. It can help you decimate the negative, bothering voice of self-uncertainty that keeps you from attempting another person you think you would appreciate. You don't have to come up with reasons to legitimize staying away from the life you truly need. You can't make the progress you need seeing someone, dating, business, and each aspects of your life on the off chance that you don't trust in yourself. The feedback of others, and your own negative considerations might keep you from seeing your real potential."I took in significantly more than I expected I would from this book! I realized what certainty and dread truly are! It's astonishing how the mind functions and how with the right devices I can really change the way I think and speak with other individuals. I used to be a great deal more modest, however in the wake of understanding this book and tailing every one of the proposals, I have totally changed my life! I'm actually a totally distinctive individual at this point.

This book is the key to improving the psychological quality of your life, focusing on issues concerning self-esteem, emotional intelligence, overcoming fears, breaking bad habits and generally being more positive about life and what it has to offer. It is packed with thoughtful, empathetic insights, application of relevant psychological theories and models, staying in control of your emotions, personal anecdotes and lots and lots of useful tips! This book really helped me to understand just how important self-esteem and a healthy confidence level are for our happiness and success in life. I have read about these subjects before, but this author really drove it home for me. I feel inspired and more confident to do more work on myself. Great read.

This book is very enlightening with the facts in life that it teaches. I like that this book tackles a lot of things that would help individual to have courage and be confident. I appreciate the author's saying that taking responsibility on your own design and taking it is the most important thing you have to take. For me, these strong words would open your eyes that whatever you do, you must be courageous to accept the consequences or be responsible on your own action. Another words from

the author that I would like you to look for is that " You have the power to become that ideal self you wanted to be. You have the power to be as confident as you wanted to be. " a very strong statement that would teach an individual of the reality of life and having confidence in facing it. There are a lot of good things about this book. Anyone could definitely learn a lot from the author. Another thing that caught my interest in the willingness of the author for the readers to practice what he taught , this is through the 10-day exercises that you have to take for you to gauge your progress in getting a confident life.

This 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) shares basic tips to simply gain self-confidence in order to improved life and achieved goals and succeed without a doubt. I have also learned that being assertive is usually viewed as a healthier communication style. Being assertive offers many benefits. It helps you keep people from walking all over you. On the flip side, it can also help you from steamrolling others. Behaving assertively can help you gain self-confidence and self-esteem, understand and recognize your feelings, earn respect from others, improve communication and much more which will be to your advantage. Learning to be assertive takes time and practice. If you've spent years silencing yourself, becoming more assertive probably won't happen overnight.

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