



DOWNLOAD



## 365 Steps to Self-Confidence (4th Revised edition)

---

By David Lawrence Preston

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, 365 Steps to Self-Confidence (4th Revised edition), David Lawrence Preston, Confidence is crucial to a happy and fulfilling life. And yet many of us lack confidence and self-belief. As a result, we are less adventurous and less likely to get the most out of life. This book is a carefully structured, daily programme covering the following areas: - Deciding to be confident - Harnessing self-awareness - How to think confidently - Using your imagination to improve your self-image - How to act with confidence - Communicating with confidence Each of the 52 sections contains information, insights and words of inspiration, plus seven exercises and practical hints or points to ponder. Fifteen minutes a day will give you tools and techniques which have worked for millions of people around the world. If you read the material carefully and apply what you learn, you really will notice big changes taking place within two or three months. A year from now you'll be amazed at how much more confident you've become. Contents: - 52 themed sections, one for each week, from 'How to build confidence', 'Getting motivated' and 'Find a purpose', to How...



READ ONLINE  
[ 6.35 MB ]

### Reviews

*Very good e book and beneficial one. It can be filled with wisdom and knowledge Your life period is going to be enhance when you full reading this ebook.*

-- **Arlene Kemmer**

*This ebook might be worth a read, and superior to other. It is probably the most remarkable book i have got read. Its been designed in an remarkably straightforward way and it is merely soon after i finished reading this publication where really modified me, alter the way i really believe.*

-- **Alex Zieme DDS**