



Confidence For You, Yourself And I: Secrets You Never Knew About Yourself

Elijah Conner

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Do you suffer from low self-esteem with some sort of poor self-image and low confidence? Do you encounter from confidence issues and very often become anxious or stress prone?

In Confidence for You, Yourself and I, it will teach you practical and actionable steps for you to counter your self-esteem problems. This is, a practical book and not just a book filled with theories!

With this, you will:

- Have a self-check test; a list of different points to check how confident you truly are.
- Learn the art of mind games.
- Learn practical ways to tackle your self-esteem and low confidence problems.

You will also learn:

- Adequate self-help steps which are actionable in small increments. These steps are meant for everyday life activities.
- Clear action plans and proven techniques for tracking the success on which you can further build up.
- How confidence and success is co-related.

There are a lot more things you do not know that you can do! Would you want to learn more?

Download and start moving forward towards your goals. It is time to discover the NEW you!

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Duane Sills:

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Anthony Bankston:

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