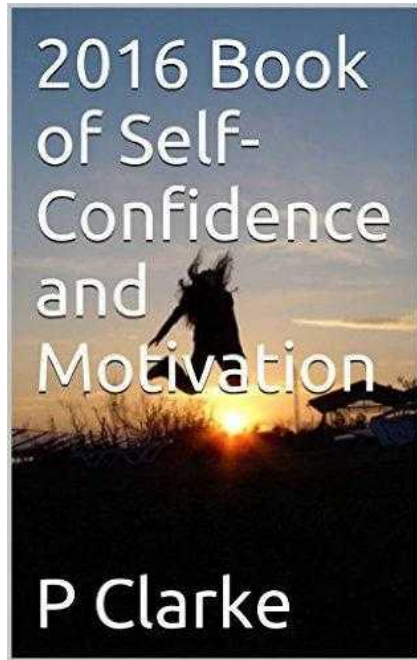


2016 Book of Self-Confidence and Motivation by P Clarke (2.49 GBP)



Location **North, Tyne And Wear**
<https://www.freedasz.co.uk/x-268753-z>

Would you like to be confident?

Would you like to feel strong in difficult situations?

Are you ready to feel comfortable in yourself?

Are you ready to end self-doubt?

Are you ready to have a positive mind-set?

There is no need to struggle to get out of your comfort-zone. There is no need to fear anything or anyone, and in this book I hope to prove that to you, or rather to help you prove it to yourself.

Anyone can be confident as there is no big mystery on how to be that way. The good news is, is that you already have the know-how to be self-confident it is just somewhere down the road you have forgotten that you have it already in you.

If you had an expensive necklace and you placed it in your safe but then you forgot the combination to get it back out, you would still own the expensive necklace. You would still have it, the only problem that you have is that you have forgotten how to unlock the safe door. And that is the same with self-

confidence. You already have it, but you have forgotten, or rather don't realise that you have the right combination already to get it to retrieve.

The 2016 Book of Self-Confidence and Motivation is not about self-confidence, it's about making sure you are in the right place to go on, and you are not going to be asked to be the sole person. That is not about being confident, that's about only looking confident.

The 2016 Book of Self-Confidence and Motivation is also not about changing who you are, there is no need to change as the person that you are is equal to everyone and everything. This book is to remind you that you have no reason not to feel confident, and when you realise that there is no reason to lack confidence then you will be that confident person.

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You already own a good list about yourself and a bad list. When you feel lack of confidence you are simply programming your mind with the wrong list. When you program your mind with the good list you will be self-confident. I guarantee that you are capable of being that way, and that it is not difficult. This book will not teach, there is no need to learn a new skill as you already have the ability and all the confident tools now, at this very moment. But the book will remind you of the confidence within you and how to prove it to yourself.

We discuss confidence building tools in the first twenty or so pages and the rest of the book is a mix of suggestions and self-encouragement to keep going, that if you do cannot fail to bring your confidence out.

So, confidence building tools first, then you will find mostly self-reminding words and encouragement on how to program your mind with the right list and how to keep determined, because it is determination that is the key to self-confidence. And so providing how far you get through the book, you should feel more confident within the next few days.

Are you ready to start now? You have nothing to lose except your self-doubt. All that is in the book I have learnt not in the classroom, but in my own life. So be confident that help is within these pages. If you then wish to contact me, you will find ways of doing so at the end of the book. The book is available on Amazon Kindle £2.49 (Free on Kindle Unlimited) The book can be read on any device, smartphone, tablet, computer.