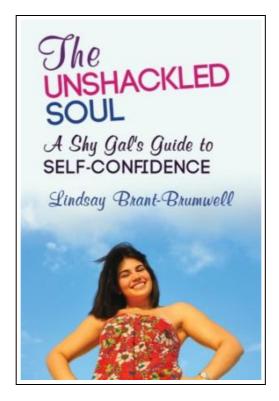
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Brand New Content, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. The Unshackled Soul: A Shy Gal s Guide to Self-Confidence is a powerful collection of the author's personal stories of how shyness, fear, and shame play a huge role in contributing to what can hold us back in life. The book also triumphantly shows that the power is in YOUR hands to make the change that you wish to see in your own life. The truth is that we just need to learn to get out of our own way. We need to know that we ARE enough, and that fear and self-doubt are just something we need to conquer through changing the dialogue we have with ourselves. Say YES to yourself, your dreams, and be ready to embrace and practice the tried and true ways that Lindsay Brant-Brumwell shares that have worked for her along her personal journey towards self-confidence. Her journey towards saying YES to her dreams, and abandoning any fear or other obstacles that stood in her way will help you to feel empowered to embark on your own journey towards becoming an unshackled soul.

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