



The Little Book of Confidence: Cool Calm Collected

By Tiddy Rowan

Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, The Little Book of Confidence: Cool Calm Collected, Tiddy Rowan, There are few people who have not gone to a party, a business presentation, a meeting or social occasion feeling a lack of confidence or an increased amount of self-consciousness. Reading this book will help transform the former wallflower into a sunflower. The Little Book of Confidence shows us how to challenge our preconceived notions about confidence. Through tips, quotes and practical exercises we can learn how to restore or improve positive faith in ourselves through heightened levels of competence, compassion and self-awareness. But this is more than a book about selfconfidence. To be in someone's confidence is a complement of trust in a friendship or business relationship. To have confidence in a proposal, a plan or a person is a declaration of positivity. Confidence is also an expression of self-assurance that is transmitted through body language. Throughout this book, different aspects of confidence are clearly presented in bite-sized nuggets of information and inspiration showing the reader how to get the best out of this often-elusive quality.



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Reviews

The book is fantastic and great. It generally does not expense excessive. Its been designed in an exceptionally easy way and it is simply right after i finished reading through this book by which really changed me, change the way i think.

-- **Adolfo Lindgren**

Totally among the best publication I actually have actually go through. It can be filled with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Glen Ernser**

Other Books



[The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program](#)

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators need to implement early childhood inclusion through...



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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Little Girl Lost: The True Story of a Broken Child, Mia Marconi, The fourth in a series of true short stories from foster carer Mia Marconi. Kira first came to foster carer Mia Marconi's...



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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, All My Fault: The True Story of a Sadistic Father and a Little Girl Left Destroyed, Audrey Delaney, 'I could see what he was doing to the other girls because he had been doing...



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Penguin Young Readers Group. Paperback / softback. Book Condition: new. BRAND NEW, Frances Hodgson Burnett's a Little Princess, Deborah Hautzig, N/A, Natalie Carabetta, The All Aboard Reading series features stories that capture beginning readers' imagination while developing their vocabulary and reading comprehension....