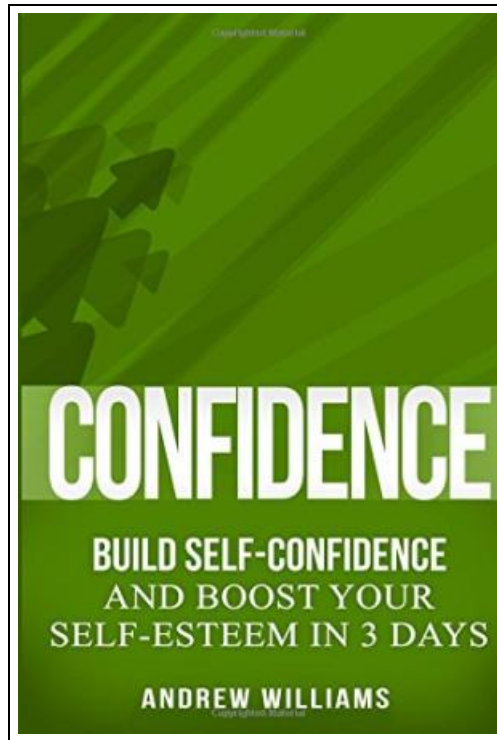


## Confidence: Build Self-Confidence and Boost Your Self-Esteem in 3 Days



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## CONFIDENCE: BUILD SELF-CONFIDENCE AND BOOST YOUR SELF-ESTEEM IN 3 DAYS



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Did you know that self-confidence is a major contributor to your overall performance in personal success and goal achievement? In our day-to-day activities, outcomes and results depend on our level of self-confidence in a particular pursuit. When you possess brimming self-confidence, you are capable of performing well at home, school, work, in inter-personal relationships, and other activities. That's why it is necessary to have healthy self-confidence, because if you have low self-confidence, achieving success in all life endeavors seems close to impossible. For instance, if a child lacks self-confidence, he/she will perform poorly or below average in class work, and physical education. At home, he or she may often be unable to maintain relationships or perform dismally in all endeavors. In most instances, poor performance comes from low self-motivation and low-inspiration, and not a lack of ability to perform. All these are closely linked to low self-confidence. As a tool, self-confidence is essential in your day-to-day life. It's one of the key tools you can use to eliminate self-doubt, manage fear, improve on the self, and overcome the insurmountable fear that may cause hindrances to overall happiness and fulfillment. However, it is important to note that self-confidence is similar to a muscle: the more you exercise and use it, the more defined it becomes and the more powerful it becomes. In fact, your self-confidence performs response to the required level of performance. If you don't utilize your self-confidence or make proper use of it, you will lose a lot in life. Fortunately, whether you're suffering from extremely low self-esteem or low self-confidence, self-confidence is something you can learn and develop. Are you curious to learn how?...



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