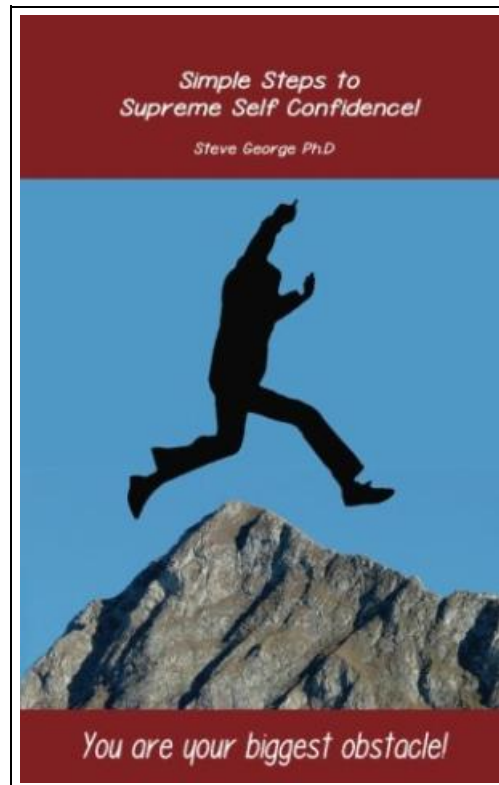


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(Prof. Kip Spinka IV)

SIMPLE STEPS TO SUPREME SELF CONFIDENCE (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You ll discover during the course of this book, that although you ve no doubt suffered over the years, at least mentally if not physically because of your low confidence, it s not set in stone that your future is destined to continue in the same vein. By using a series of reflective techniques and simple exercises, you ll soon be experiencing the effects of your own supreme self confidence! The purpose of this book is to help you understand why you feel the way you do, who s responsible for making you feel this way and what you can do to change it. The process of changing isn t controlled by me, or the people you surround yourself with. You won t ever change someone else to conform to the way you think, or act and no one is going to make the changes for you. Believe it or not, every change made will be because you were strong enough and confident enough to do it yourself. Everyone has a certain level of self confidence; the problem of course is that generally speaking, most people have their level set much lower than they d like it to be. Hopefully, by the end of this book, you ll be at a stage where you understand how your confidence level became the way it is, why it is that up until now, you ve been powerless to change it and you d have developed a strategy for yourself that will enable you to make changes using a set of rules that suit the way you choose to live. For instance, it s no good being told the best way to make friends...



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