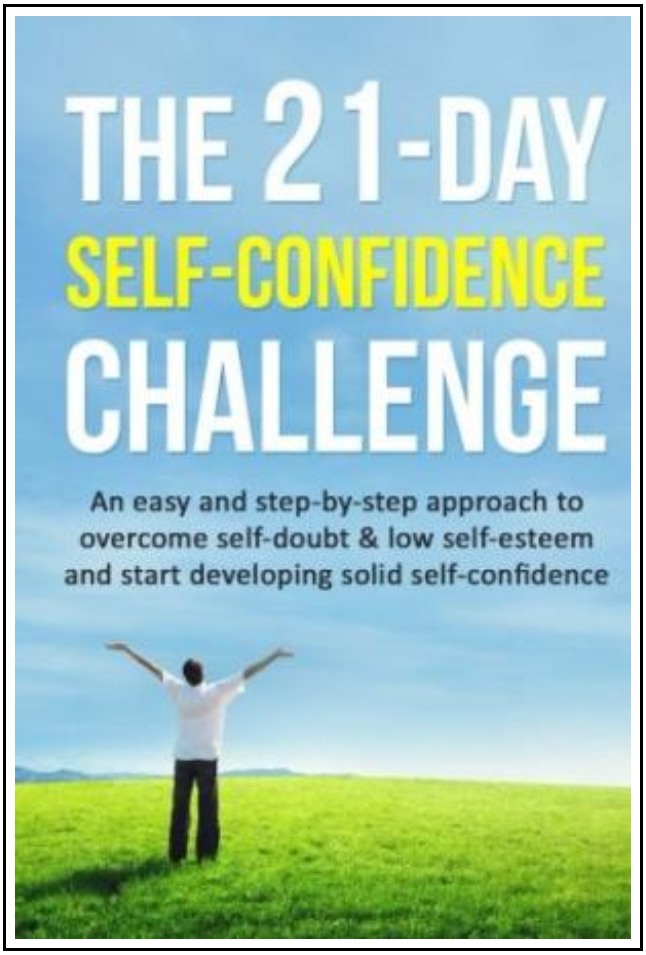
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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The 21-Day Self-Confidence Challenge, the ninth book in the 21-Day Challenge series! Are you tired of self-doubt, self-criticism and holding back? Do you often feel like you re not good enough? Are you ready to change your life and reclaim your self-confidence? Lets start with a thought experiment. Take a moment to imagine yourself, only a supremely confident version. If you have a ridiculous imagination like I do, you might like to really run with this and have fun. If you had zero body hang ups, no doubts about your value as an employee, no worries about your innate lovability and no second guesses as to how good your karaoke really was and whether people have just been lying to you this whole time .what would things look like? Think of how you d be at work, at home, with those you love and those you don t. Think of all the things you d do differently. Imagine yourself saying and thinking all those things, now, in detail. Now, this is the important thing: you can feel this way right now. Yup. You can feel brave and confident and full of a sense of your own self esteem right now, just as you are. What s your reaction to that? If you re like most people, it s something along the lines of psssh, yeah right! While everyone can agree that it s great to have self-confidence, we generally imagine it s only reserved for those special people who ve earned it, and that yeah yeah, we ll get there someday. But why not right now? Have you noticed that most children seem to bounce into this world...

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