



## Increase Your Self Confidence (1st Revised edition)

By Mike McClement

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, Increase Your Self Confidence (1st Revised edition), Mike McClement, Get the self confidence that you've always dreamed of Self confidence is a wonderful thing for those who have loads of it - but if it's in short supply, even the smallest tasks can sometimes seem daunting. But it's really easy to build your self confidence, and this practical, no-nonsense book will help you every step of the way. Increase your Self Confidence is packed full of practical and helpful advice so you can start to build lasting, unshakable confidence and get what you want out of life. Whether it's making a career change, finding a romantic partner or meeting new people, you'll find all you need to develop the confidence and motivation to start transforming your life today. \* Feel motivated, positive and confident \* Learn to exploit your strengths and embrace opportunities \* Find out how to overcome setbacks \* Assert yourself and go after the life you want.



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