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Real Confidence: Stop Feeling Small and Start Being Brave

By Psychologies Magazine

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Real Confidence: Stop Feeling Small and Start Being Brave, Psychologies Magazine, Psychologies provides their inspirational yet rigorous approach to the perennial topic of confidence How confident are you? If you feel like your confidence could do with a bit of a boost to help make personal and professional situations easier Real Confidence will help you take on the confidence robbers, keep track of your confidence daily and incorporate confidence-building habits into your life on a regular basis. Written in association with Psychologies Magazine, the leading magazine for intelligent people, covering work, personal development and lifestyle issues Real Confidence is: * Packed full of tips, techniques and advice to help you build your confidence * Based on scientific evidence and cutting edge global research * Rigorous with credible content presented in a light and accessible manner * Inspirational yet down to earth and practical.



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