

Acces PDF The Power Of Self Confidence  
Become Unstoppable Irresistible And Unafraid In  
Every Area Your Life Audio Cd Brian Tracy

## **The Power Of Self Confidence**

# **Become Unstoppable Irresistible And Unafraid In Every Area Your Life Audio Cd Brian Tracy**

THIS IS THE BOOK THAT EXPLAINS ABOUT SELF CONFIDENCE I would like to express my gratitude to all the good souls who are reading this book. I have written this book with the idea that self-confidence should flourish in everyone's life and they should rise even higher because of self - confidence. In this book you will see clearly how we can overcome it and overcome those tribulations with confidence. The testimony of the witnesses is that the man will be in a high place if book reading is the only thing. Accordingly, I would like to extend my congratulations to you who are accustomed to reading books. I pray to God that you too become a winner with the ideas in this book in mind Thank you HelloRead my works regularly as my works keep coming up. M. JAYAMOHAN SRIRAJAN SELF CONFIDENCE WRITER AND SPEAKER

Learn To Gain A Stronger Awareness For Life And Achieve More On A Daily Process With The Power Of Self Confidence. You can! Bonus within... THE POWER OF Self Confidence. We are often pushed like the wind from one task to the next and regularly lose our ways in life. This can be all change with simple adjusts and a change in habits. Learn to create a habit of confidence. When I was still in college, I always got high scores during exams. I was happy at first. But after time passed,

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I suddenly felt the burden to always ace my exams. Instead of making me proud, it made me feel stressed and pressured to do everything just to get high scores. It also made me feel that I'm not good enough whenever I get lower scores than what I expected. My professor saw what I've been going through and gave me simple advice. He said, "Do not rely your confidence on your grades, but on yourself." After that, though I didn't get the scores that I wanted, I felt happy and pleased with the results. Within myself, I knew that I did my best without being pressured or stressed. From that experience, I learned that confidence does not come from riches, high status in life, or even the level of educational attainment. As long as you do not compare yourself to others or drown in negative thoughts, you'll be able to achieve anything that you want in life. When you trust your own strength to do any challenge life throws at you, that is true confidence. How to achieve more. Find it in yourself to achieve anything. Change your day and become a task master. Protect your time. Obtain confidence on a daily basis. If we're busy about what we are passionate about then we need the confidence to complete the task at hand. Everyone in this world is made up of the same stuff and you can achieve what is on your mind you just need to eliminate self-doubt. When I was still in college, I always got high scores during exams. I was happy at first. But after time passed, I suddenly felt the burden to always ace my exams. Instead of making me proud, it made me feel stressed and pressured to do everything just to get high scores. It also made me feel that I'm not good enough whenever I get lower scores than what I

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**Purchase Now!**

Have you ever wondered why you can never finish anything that you start? Are you battling in your mind, who you really are and what you can become? Do you fear or struggle with not being able to accomplish certain goals? This book will show you how to tap into your inner strength to find the self-confidence that you need to increase your self-esteem and fulfill your true desires in life. You will learn the importance of daily positive affirmations and self-talk. This book will also help you remove the mental limitations that are holding hostage. Pastor Tammy encourages the readers to follow your dreams and live out your full potential.

Do you want to be brave enough to do what you really want instead of what you're supposed to do? What would your life be like if you stopped doubting yourself and found the courage to pursue your goals without worrying what people will say? Do you want to develop

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unshakeable self-confidence to help you overcome your low self-esteem, insecurities and fears? Self-confidence is perhaps the most important factor when it comes to achieving true happiness, inner peace and life satisfaction. The Power of Self-confidence will provide you with a practical, interesting guide to help you increase your confidence and self-esteem quickly through 9 simple steps that are easy to apply and maintain. This book is for you if: You want to know how to improve your self-confidence. You constantly battle low self-esteem. You find it hard to ask for what you want. Fear holds you back from pursuing your goals. Meeting new people makes you nervous. You're constantly seeking others' approval. You find it hard to finish what you start. You don't think you're good enough. Criticism really gets you down. You would do anything to please people. You're stuck in toxic relationships that bring you nothing good. You want to enjoy a more rewarding life. Increasing your levels of self-confidence will enable you to: leave behind your fear of what others think of you, silence your inner critic, make mistakes without feeling guilty, enjoy more love and acceptance in all your relationships, overcome anxiety and stress, acquire a more positive outlook toward others, yourself and life... In short, it will allow you to be the person you always dreamed of being. Buy The Power of Self-confidence NOW and discover the 9-step Method that has already changed millions of lives. The Power of Inner Manliness Are you tired of being a shy guy? Would you like to finally overcome shyness and build permanent self-confidence? If so, "The Smart

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"Man's Guide to Self-Confidence" series is for you. In the third book in the series, I cover the most important aspects of discovering the inner manliness in you. How to discover your inner manliness? How to stop feeling awkward around women? How to approach women in a manly way? This book will answer these questions... and many more. How to Develop Unshakable Self-Confidence The book describes how to become manlier. As a result, you'll discover a powerful source of self-confidence in yourself. Here are just some of the things you'll learn from this book: how to take control of your life (you can't become truly self-confident without doing it) how to design your new you how to stop putting women on a pedestal (don't be a doormat) how to stop looking for approval from women why rejection is a good thing how to stop being desperate how to interact with women in a manly way why you shouldn't play games with women why using pick-up tricks is stupid and works to your detriment how to avoid being friend-zoned (it's simpler than you think) 5 core sources of true manliness how to become a man women find attractive 9 characteristics women will always find attractive in men (and no, I'm not talking about your biceps) 3 common behaviors of guys who appear confident but are actually insecure why you shouldn't derive your self-confidence from your status how to draw the attention of women 3 ways to build your self-confidence with experiences why travel is a powerful way to improve your self-confidence what ikigai is and why you need to have one Do You Want to Overcome Shyness Once and for All? By following the advice from the book, you'll make important

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changes in your life that will help you become a manlier person. As a result, you'll reduce your shyness and become a more confident person. The book will not only help you become a more self-confident man, but also help you change the most important aspects of your life to achieve the kind of lifestyle you've always wanted to have. P.S. All buyers will receive a free gift and more free exclusive content to help them on their journey toward self-confidence.

Be prepared to the upcoming changes in society, culture, and economics. This upcoming third industrialization period, the change to renewable energy and the doom of the fossil energy driven industry will demand a new behavior and Self-Esteem of you! This book is not a theoretical abstract but a practical self-help classic that will guide you from zero self-esteem to a sustainably changed mindset. Experience building a healthy self-esteem and thus self-confidence, self-worth and get a sense of purpose in life. Take Action and become the person you always wanted to be. The Power Of Self-Esteem is based on 40 years of experience and a proven concept: "Mind - Mission - Moves". It will provide you with the fundamentals to get control over your emotional state of mind. Get access to your potential so you can find your mission in life and do the right moves to move from where you are to where you want to go in life. Prepare to embark upon a journey of self-discovery, learning the most

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important principles of building self-esteem, presented by a man who has walked the path from zero self-esteem to international speaker, coach, and author. Only the basement of a healthy Self-Esteem you will be able to successfully build a Life by design.

Why are some people more successful than others? Self-confidence! What one great goal would you set if you knew you could not fail? What wonderful things would you want to do with your life if you were guaranteed success in anything you attempted? Your level of self-confidence determines the size of the goals you set, the energy and determination that you focus on achieving them, and the amount of persistence you apply to overcoming every obstacle. In this powerful, practical book based on work with more than 5 million executives, entrepreneurs, sales professionals, and ambitious people in more than sixty countries, you learn how to develop unshakable self-confidence in every area of your life. The Power of Self-Confidence explains how to increase your "mental fitness" by thinking like top performers in every field. Little by little, you build up and maintain ever-higher levels of self-confidence in everything you do. Self-confidence allows you to move out of your comfort zone and take risks without any guarantees. With step-by-step guidance, author Brian Tracy will help you build the foundations of lifelong self-confidence. You discover how to

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determine what you really want, and unleash your personal powers to accomplish it. You'll learn how to: Clarify and live consistently with your values to become the very best person you could possibly be Set clear goals and make written plans to accomplish them Commit yourself to mastery in your chosen field and to lifelong personal improvement Program your subconscious mind to respond in a positive and constructive way to every problem or difficulty Minimize your weaknesses and maximize your strengths for higher achievement Develop high levels of courage and incredible persistence Become unstoppable, irresistible, and unafraid in every area of your life through the power of unshakable self-confidence. Become a person of action, overcome any obstacle, and scale any height. With your newfound unshakable self-confidence, you will accomplish every goal you can set for yourself. Why is it important to build self confidence? Because having self-confidence can help you realize your full potential, conquer all your fears, reach all your goals and become the best version of yourself. That's why it is important we maximize our self-confidence. In this book, Elea Harris shows you how to develop and maintain high levels of self-confidence-so that you can live life fearlessly. Learn- How to build confidence- How to maintain confidence during tough times- How to overcome common fears that hold ourselves back So stop leaving in fear and grab

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your copy of The Power of Self Confidence: Be Unafraid today!

Why is it important to build self confidence? Because a lack of confidence can have a detrimental effect on everything you do. Confidence is what drives us to deliver our best on any endeavor and when we lack confidence, we end up failing at the things we pursue. So what is confidence? It is a belief. A belief of assurance in one's own abilities and strengths. Therefore, a lack of confidence can result in a weak mindset and poor follow through. In this book, you will learn how to rebuild confidence, how to keep yourself from losing faith in yourself and how to build a strong mindset. So don't wait any longer. Grab your copy of The Power of Self Confidence and see how strong you can become.

Self-confidence really changes the way you approach every situation, the way others see you, and the way you come out of every interaction. By being confident, you become more attractive in every way unconsciously. There are more ways in which confidence makes us more powerful and effective. This book will help you trace some of the common causes of poor self-esteem and give you a breakdown of critical, valuable principles, complete with a practical strategy, aimed at regaining the self-confidence you lost whilst growing up.

Description Are you looking for an effective way to book your confidence and improve your self-

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esteem? Then keep reading... Self-esteem has seen to be thrown around as an umbrella term to explain people's emotions. When someone's down, some may say, "Wow, that person has low self-esteem." When an individual is boasting about something that they're really proud of or portrays themselves in an incredibly confident light, others may say, "They're overly confident and should probably humble themselves." In reality, however, self-esteem is so much more than that. Simply speaking, it is a person's perception of their own self-worth. It often outlines what they feel they're worthy of and how entitled they seem to certain aspects of life. In more specific terminology, self-esteem is the confidence that someone has in themselves and their abilities. It measures many factors that are linked to confidence, such as what they feel they are capable of accomplishing, how they deserve to be treated, how others should perceive them, and what they should be entitled to. Individuals with low self-esteem will often view themselves in a negative light. They will believe that they are not worth other's time and constantly talk down to themselves. Because of that, they tend to shut people out of their lives and begin drifting away from reality, which is a gateway to a number of other issues and conditions such as depression and anxiety. On the other hand, the people who demonstrate a high sense of self-esteem are often viewed as extremely confident and

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outspoken individuals. They are the type who are not afraid to raise their voice and make their opinions heard. They feel like they are worth other people's time and will not hesitate to go out and get what they truly want because they assume that they deserve it. When you suffer from low self-esteem, you may idolize individuals who find themselves on the opposite side of the spectrum. When you feel the opposite, you may not understand why some other people don't just "feel the same" or stop sulking in their own self-pity. The reality of the whole situation, however, is a lot more complex than that. This book will hopefully give you a better understanding of how self-esteem works and help you identify where you are personally. This book covers the following topics:

- What is Self Esteem?- Understanding Self Confidence-
- The Power of Positive Thinking-
- Advantages of Boosting Self-Confidence and Self-Esteem-
- Setting Your Goals-
- Exercises to Gain Self-Confidence-
- Comfort Zones-
- Self-Confidence and Self-Esteem - Two Things That Empaths Should Work Upon-
- Why is Self-Confidence Important?-
- How to motivate yourself?-
- The Art of Self Love...

And much more Self-esteem is a very tricky thing to look into. Seeing that it's a totally neuro-related concept (meaning, it's quite literally all in your head) that is hard to detect and deal with using machines and modern technology, there is not a lot we can say from a strictly scientific point of view. We

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can, however, slowly get into someone's head using social skills and tricks such as therapy. With this information, we can better understand someone and grasp a better concept of their history as a person. From here, we can find what may have triggered an individual to display signs of low or high self-esteem and help them get on a better path. For the past hundreds of years, doctors, therapists, and social workers alike have been able to compile some of the patterns that are seen between patients and come up with some reasons as to why som

The self confidence is one of the biggest powers in attaining success in any field of life. This book has been designed for those who are always struggling hard but cannot get to their objectives of life due to one reason or the other. This book gives them a new hope, strength and fulfils them with new energy and unlocks new horizons of life. Read the book thoroughly and enjoy a confident life, full of energy to defeat all the difficulties and troubles that you may encounter in your life ahead. The book provides you the natural way by easy to follow instructions and secrets to achieve self confidence, which is an ultimate necessity for your successful life.

Do you want to know how to increase your self-esteem and confidence? If yes, then keep reading... Raising your self-esteem and confidence isn't impossible. You just have to change your way of thinking. Be the best man that you can be, stop

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comparing yourself to others you deem more successful than you. Use them as motivation, but do not directly compare their achievements to yours. Claim your failures, and learn from them, but never allow your failures to define you. Set goals for yourself and develop plans and strategies to assist in the completion of your goals. And most importantly, never look back! As a man, the knowledge that others depend on you will boost your self-esteem immensely. The desire to be a leader, and to have others look up to us is hardwired into our brains. Knowing that you are financially stable and having goals and accomplishments that you can proudly claim is a great way to raise your self-confidence. But remember, too much self-confidence or self-esteem is also not good, you'll come off as ignorant or even rude in other people's opinion. Most likely you won't compromise and quite frankly a lot of people won't want you as a company. Keep your attitudes in check and strive for proper balance. You are the master of your own destiny. How much you truly believe and identify with that statement, and can benefit from its qualities, is directly correlated to your level of self-esteem and your state of self-confidence. Your self-esteem, your self-confidence, and your self-image are the totality of how you feel about yourself and what you believe you are capable of, and are the measure that others take of you. A person with a healthy sense of self-esteem faces

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responsibilities with enthusiasm, enjoys challenges and problem solving, and is able to communicate with and relate easily to others. If you trust yourself to try new things, to accept challenges, to be able to say to yourself, say "I've got this," and are prepared to face uncertainty with resolve, you have a strong sense of self-confidence. You have trust in yourself. Further, if your self-confidence is based on knowledge and experience, and not due to an inflated ego, those who perceive your confidence will believe in it, will trust you, and will follow you. Some may feel it's simplistic, naïve, and unrealistic. But its message makes sense if you accept the premise that this can be a new beginning; that change and self-improvement can start now. Even right now, this moment, if it's too late in the day to start your exercise and meditation programs, take a few minutes to sketch out what you will do starting tomorrow. And this evening, take a few minutes to start thinking about erasing your self-doubts, becoming a positivist, an optimist, and a stronger, more confident individual. Take a few deep, deliberate diaphragmatic breaths before going to bed. When you wake up tomorrow morning, make a conscious effort to be thankful to be alive and able to experience the full range of life's experience. Feel a sense of gratitude for all you have and for all that may yet become part of your life experience. In this book, you will learn more about: You are what you

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think you are The meaning of self-esteem The illusion of self-esteem Causes of low self-esteem and how to build self-esteem How to build self-esteem Benefits of boosting self-esteem Leveraging your new self-esteem Love yourself Self-esteem and productivity ... AND MORE! Why The Power of Self-Confidence Become Unstoppable, Irresistible, and Unafraid in Every Area of Your Life John Wiley & Sons

\* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will learn how to overcome the fear that prevents you from taking action. You will also learn : how to gain self-confidence and unwavering determination in all areas of your life; that your self-confidence is based on your values; that to get what you want and deserve in your life, it is imperative that you set goals and stick to them; that you can program your subconscious mind to work for you and not against you. Brian Tracy has studied the journeys of exceptional men and women to try to find out what makes them special. The only thing he has found in common, the secret of successful people, is self-confidence. Self-confidence means accepting to take risks by trusting oneself rather than one's fears. It allows you to set yourself goals that are much higher than you usually dare to do and to achieve them. It is also about following a path that really suits you and not staying in your safe zone. Develop your self-confidence and all your dreams will be within your reach! \*Buy now the

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summary of this book for the modest price of a cup of coffee!

From Self-Esteem to Self-Compassion is based on the groundbreaking new compassion-focused therapy (CFT), developed by foreword writer Paul Gilbert. This book helps readers move beyond traditional ideas about self-esteem, and gives them the tools needed to overcome shame, self-criticism, and self-doubt, so that they can build self-confidence and improve the overall quality of their lives. If someone told you that you have low self-esteem, would it cause you to bristle? For many, the very concept of self-esteem has negative connotations, because it calls to mind the comparisons we make between ourselves and others. So how do you build real self-confidence? In *The Power of Self-Compassion*, you will learn that focusing on self-compassion, rather than self-esteem, is actually the best way to build true, lasting self-confidence. For too long self-esteem has been based on the idea that if you achieve certain goals you are doing okay. This can lead to comparing yourself with others as a way to build confidence. The skills and behavioral techniques outlined in this book are drawn from the groundbreaking compassion-focused therapy (CFT), which holds that being compassionate to yourself—even when things are not going well—is central to building real self-confidence. With compassion-focused therapy, you will adopt an accepting attitude about your strengths and weaknesses, and a commitment to change that doesn't depend on being overly critical of yourself or comparing yourself with others. In addition, you will learn how the concept of self-confidence fits in the context of

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our evolution, biology, and life experiences. If you are looking to improve your self-confidence, the behavioral steps provided in this book can help you focus on the areas in your life that need improvement, so that you can build a stronger sense of self-worth and competence. Why are some people more successful than others? Self-confidence! What one great goal would you set if you knew you could not fail? What wonderful things would you want to do with your life if you were guaranteed success in anything you attempted? Your level of self-confidence determines the size of the goals you set, the energy and determination that you focus on achieving them, and the amount of persistence you apply to overcoming every obstacle. In this powerful, practical book based on work with more than 1 million executives, entrepreneurs, sales professionals, and ambitious people in more than sixty countries, you learn how to develop unshakable self-confidence in every area of your life. The Power of Self-Confidence explains how to increase your "mental fitness" by thinking like top performers in every field. Little by little, you build up and maintain ever-higher levels of self-confidence in everything you do. Self-confidence allows you to move out of your comfort zone and take risks without any guarantees. With step-by-step guidance, author Brian Tracy will help you build the foundations of lifelong self-confidence. You discover how to determine what you really want, and unleash your personal powers to accomplish it. You'll learn: What Self Confidence really means The problems of being too passive with confidence The problems of being too aggressive with

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confidence How to gain more confidence in yourself How to build and cultivate your self-confidence on a daily basis Six proven ways to build your confidence Discover the 7keys to improve your Confidence The importance of self-confidence to your success The benefits of self-confidence? Why confidence is very important to succeed The last part include 60 Action Block To Improve Self Esteem: which includes Do More And Think Less Personal Perception Improvement Block: Zero Inferiority Behavior Block To Improve Self-Esteem: You Are Your Behaviors And Your Habits Believe Block To Improve Self Esteem: Believe Is Power Becoming unstoppable, irresistible, and unafraid in every area of your life through the power of unshakable self-confidence. Become a person of action, overcome any obstacle, and scale any height. With your newfound unshakable self-confidence, you will accomplish every goal you can set for yourself.

55% OFF for Bookstores! Discounted Retail Price NOW at 11.23\$ instead of 24.95\$!Your Customers Will Never Stop to Use this Awesome Book! You need love from yourself as much as from others. When you have low self-esteem, low confidence or even self-hatred, it's impossible to live life to the fullest. It's time to build your self-love and transform your attitude, emotions and overall outlook on life! Fortunately, there are systems that are developed by experts which can help people change their habits. Yes, it is possible to gradually change your habits if you are committed enough. This book was written for the sole purpose to guide you into how you can adopt more constructive habits and become

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a better version of yourself. With this amazing book, here's what else you'll learn: - Differences between Self-Esteem and Confidence - How Limiting Beliefs Can Affect Your Self-Esteem - How to Overcome Your Limiting Beliefs - How to Overcome Negative Thinking - How to Overcome Procrastination - Daily Habits to Increase Your Self Esteem - Meditation for Building Self-Confidence - ... And Much much more! This book was written especially for you so you could understand the nuances of what bad habits are preventing you from achieving success and from becoming the best that you can be. During your journey, you will make mistakes and occasionally fall back into old habits. Be gentle on yourself and remember that making mistakes along your path to improvement is a sure sign that you are attempting something. So, what are you waiting for? Scroll up, buy it NOW and let your customers get addicted to this amazing book!

The self confidence is one of the biggest powers in attaining success in any field of life. This book has been designed for those who are always struggling hard but cannot get to their objectives of life due to one reason or the other. This book gives them a new hope, strength and fulfills them with new energy and unlocks new horizons of life. Read the book thoroughly and enjoy a confident life, full of energy to defeat all the difficulties and troubles that you may encounter in your life ahead. The book provides you the natural way by easy to follow instructions and secrets to achieve self confidence, which is an ultimate necessity for your successful life. ??????????





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How much you truly believe and identify with that statement, and can benefit from its qualities, is directly correlated to your level of self-esteem and your state of self-confidence. Your self-esteem, your self-confidence, and your self-image are the totality of how you feel about yourself and what you believe you are capable of, and are the measure that others take of you. A person with a healthy sense of self-esteem faces responsibilities with enthusiasm, enjoys challenges and problem solving, and is able to communicate with and relate easily to others. If you trust yourself to try new things, to accept challenges, to be able to say to yourself, say "I've got this," and are prepared to face uncertainty with resolve, you have a strong sense of self-confidence. You have trust in yourself. Further, if your self-confidence is based on knowledge and experience, and not due to an inflated ego, those who perceive your confidence will believe in it, will trust you, and will follow you. Even right now, this moment, if it's too late in the day to start your exercise and meditation programs, take a few minutes to sketch out what you will do starting tomorrow. And this evening, take a few minutes to start thinking about erasing your self-doubts, becoming a positivist, an optimist, and a stronger, more confident individual. When you wake up tomorrow morning, make a conscious effort to be thankful to be alive and able to experience the full range of life's experience. Feel a sense of gratitude

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for all you have and for all that may yet become part of your life experience. In this book, you will learn more about: You are what you think you are The meaning of self-esteem The illusion of self-esteem Causes of low self-esteem and how to build self-esteem How to build self-esteem Benefits of boosting self-esteem Leveraging your new self-esteem Love yourself Self-esteem and productivity AND MORE! Some may feel it's simplistic, naïve, and unrealistic. But its message makes sense if you accept the premise that this can be a new beginning; that change and self-improvement can start now. Why wait to begin building your self-esteem, feeling better about yourself, raising your self-confidence, and participating more fully in life? What are you waiting for? Scroll up and click buy now button! This book is based on Dr Mdhluli MA's tried and tested philosophy of 'talk to you about you'. It underlines clearly the fact that all human beings are the product of their own thinking, it illustrates that limits only exist in human heads, and human beings are limited by walls which they construct by themselves. - page 4 of cover.

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