



Boost Your Confidence In A Day For Dummies

Kate Burton, Brinley Platts

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Take positive steps to develop your confidence in all areas of your life

Boost Your Confidence In a Day will help you to discover your confident self and become more effective in your day-to-day life. Designed to contain a day's reading, this handy guide helps you to assess your current confidence levels, identify the obstacles that are holding you back, and to connect with your emotions and values to help you live a happy, confident life.

Open the book and find:

- A reminder of the key ingredients of confidence
- Practical guidance for assessing your confidence levels
- Ways to move on from the grip of negative emotions
- How to handle your emotions and identify your values
- Top tips for living a powerful, confident life

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