



The 50 Secrets of Self-Confidence: The Confidence to Do Whatever You Want to Do

By Richard Nugent

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The 50 Secrets of Self-Confidence: The Confidence to Do Whatever You Want to Do, Richard Nugent, What would a little extra confidence mean to you? You might do better at work, feel more comfortable in social situations, be more open to new experiences. Confidence can do amazing things for you. If you've ever done anything well you already know how to do confidence. The secret is to know what it looks, sounds and feels like for you, and then replicate it in areas where confidence doesn't come so easily. Instant confidence Most people are brought up thinking you're either confident or not. That's not the case. Confidence isn't something you have or don't have; it's something you do or don't do. We all have it and can trigger it in an instant regardless of situation, experience or external factors. Get the confidence habit This book is packed with strategies for increasing confidence. By choosing one or two at a time and using them, your confidence will grow significantly no matter what your starting point. Apply the tools, techniques and principles you are about to read and you will have...



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