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Confidence For Dummies (2nd Revised edition)

By Kate Burton, Brinley N. Platts

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Confidence For Dummies (2nd Revised edition), Kate Burton, Brinley N. Platts, Build up your confidence levels and become more effective in all areas of your life Self-confidence is more than just a feeling inside it's an indispensable ingredient for success in life. Written by two of the most sought-after executive coaches in the world, Confidence For Dummies, 2nd Edition arms you with proven tools and techniques for overcoming insecurity and social inhibitions, and for learning how to think and behave with more confidence at work, socially, and even in love. * Know where you stand gauge your confidence level, identify which aspects of your life need confidence-building, and find out what's keeping you stuck in place * Get on track tailor a personal programme for creating the new super-confident you that you want to present to the world * Find your focus find out how to let go of perfectionism and unrealistic expectations * Project self-confidence broadcast your new-found confidence to the world and connect more easily with others Open the book and find: * What confidence is and where it comes from * How to connect confidently through...



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