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The Stretch Zone: How to be Confident When it Really Matters and Achieve Your Performance Potential

By Glenn Widelko

Balloon View Ltd. Paperback. Book Condition: new. BRAND NEW, The Stretch Zone: How to be Confident When it Really Matters and Achieve Your Performance Potential, Glenn Widelko, The Stretch Zone is about being confident when and where it really matters. Anyone can be confident in their comfort zone, but it seldom matters. Confidence is an issue for everyone who has the courage to step outside their comfort zone and face difficult situations in the stretch zone. This inspirational guide will introduce you to a whole new way of thinking, turning outdated misconceptions about self-confidence completely on their head. Author Glenn Widelko reveals how confidence is actually our natural state, irrespective of our personality or experience. Unlocking our potential requires us to leave the safety of our comfort zone and enter the stretch zone. So if your confidence seems to disappear when you need it most, or if you are ever tempted to fake a veneer of pseudo-confidence, now is the time to enter the Stretch Zone. Discover how to transform your life, your aspirations and potential by channelling your efforts and energy where they really matter releasing authentic confidence from the inside-out.



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