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50 TIPS TO BUILD YOUR CONFIDENCE



Summersdale Publishers. Hardback. Book Condition: new. BRAND NEW, 50 Tips To Build Your Confidence, Anna Barnes, Feeling confident and having high self esteem help us to lead a happy life and achieve our goals, and yet sometimes it's all too easy to lack faith in ourselves. This book of simple, easy-to-follow tips provides you with the motivation, tools and techniques needed to shake off your worries with a positive, assertive, can-do attitude and boost your confidence in everyday life.

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- Authored by Anna Barnes
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