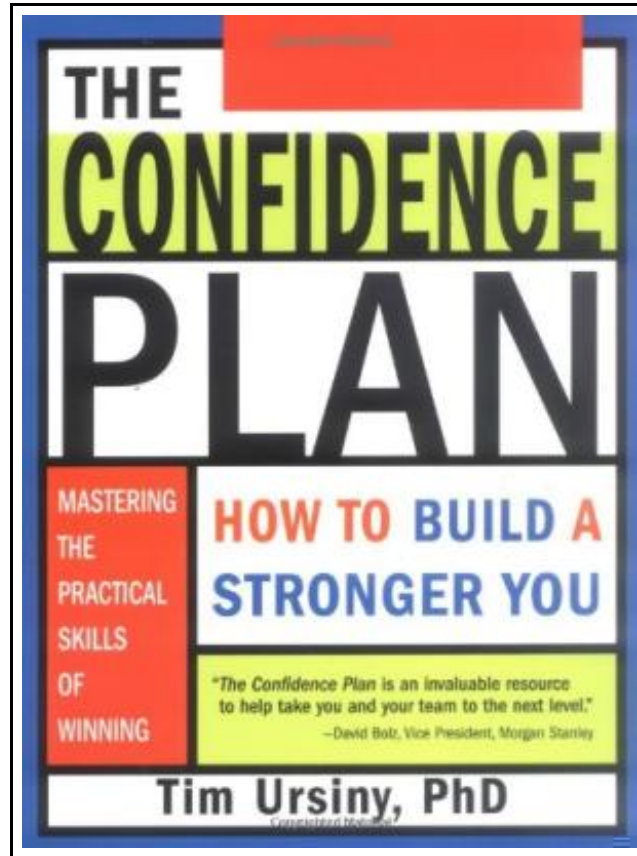


## The Confidence Plan: How to Build a Stronger You



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## THE CONFIDENCE PLAN: HOW TO BUILD A STRONGER YOU

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- o Mental strategies for forming beliefs that lead to peak performance
- o Emotional approaches for feeling a deep confidence
- o Behavioral tactics for creating actions that lead to success
- o Relationship factors to develop a community that recharges you
- o Spiritual centeredness that creates unbreakable confidence by living your purpose and mission

Dr. Tim's unique, holistic approach guides you through the science and habit of optimism and success, including:

- o Research on what makes people happy and successful
- o Links to free guides and resources for trainers, coaches and individuals
- o Practical, immediate action steps for busy people.

No matter what your current level of confidence, The Confidence Plan can help you take it to the next level.

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