



The Confidence Course (New edition)

By Walter Anderson

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Confidence Course (New edition), Walter Anderson, ""The confidence Course" is real, not psychobabble. Walter Anderson shares practical, insightful advice based on real-life experience. It touches people -- and it works. It's not the usual 'feel-good' counseling that doesn't last." -- Alexandra Penney" For those afflicted with self-doubt, "The Confidence Course" is as sharp as a surgeon's scalpel and as sweet as salvation. It shows you how to reach down into your own pain and mine it for the jewels within." -- Andrew VachssBased on Walter Anderson's popular course at the New School for Social Research in New York City, "The Confidence Course" teaches you how to make anxiety your ally and overcome crippling self-doubt. In 20 interactive lessons, complete with exercises and real-life examples, renowned storyteller and editor of "Parade magazine," Walter Anderson combines his gift for helping people tell stories with his Marine Corps training and presents a series of lessons that become a way of life. There are chapters on simple and practical matters like How to Overcome Shyness, How to Handle Mistakes and How to Handle Criticism, as well as larger lessons like Why Am I So Angry?,...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III