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## Confident

By Alice Lamont

Balboa Press Australia, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Life is too short to doubt yourself. There are infinite pathways you could take in this lifetime; the key factor to ensure you fulfill your dream life is confidence. To change, you must be confident in believing you can. You have a divine right to be alive. Nobody can take that away from you; however, a lack of confidence will limit you in countless ways. Every moment is fleeting, and every situation-whether big or small-will be enhanced by confidence. That's why, after embarking on a solo, eight-month journey of self-discovery through Zambia, Botswana, and the UK-at age sixteen-Alice Lamont wrote an entire book on the subject. In ten chapters, Confident can teach you about confidence and why you need it, lessons on self-love, how to utilize the power of habits and optimism, conquer fear, and lift off of life's glass ceiling. Confident is a concise, powerful self-help book that will aid you in realising you can do and be anything.



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