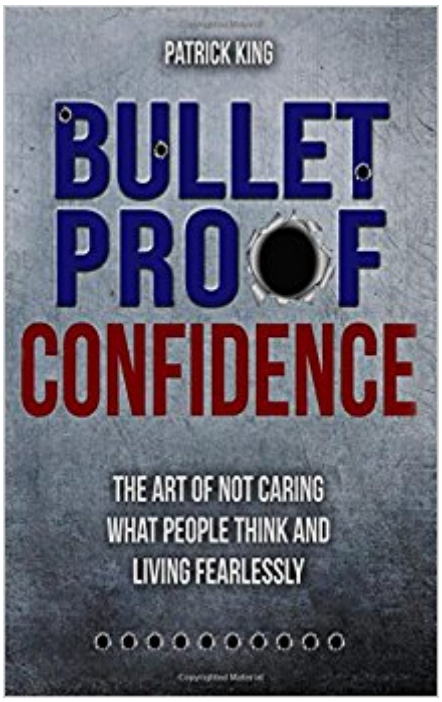
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Bulletproof Confidence: The Art Of Not Caring What People Think And Living Fearl



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Synopsis

Stop making decisions based on fear of failure, rejection, and judgment. Break out of your shell and live boldly. All the goals you have, all the people you are jealous of, and the life you want to live are unlocked by one simple key: Bulletproof Confidence. Everybody wants it, but how do you get it? More than Ã¢â ¬Å“fake it Ã¢â ¬Ëœtil you make itÃ¢â ¬Â• or Ã¢â ¬Å“just smile more.Ã¢â ¬Â• Bulletproof Confidence is filled with real, actionable advice for your life TODAY. ItÃ¢â ¬â„¢s not generic, borderline useless advice you can read in any blog post online. This book will take you on a deep dive into the depth of confidence, self-perception, and the psychology of confidence Ã¢â ¬â œ understand yourself so you can break through your mental barriers. Everything from psychology, biology, and even cognitive behavioral therapy is referenced in giving you the tools to feel more invincible on a daily basis. Finally feel comfortable in your own skin. Patrick King is an internationally bestselling author and sought-after social skills coach and trainer. He was also one of the roundest children youÃ¢â ¬â„¢ve ever seen, and understands the pains and processes of confidence like few others. This book was written by someone who knows exactly what youÃ¢â ¬â„¢re thinking and how youÃ¢â ¬â„¢re hurting. Quiet the voice in your head and live how you want to. -Learn the subconscious triggers that make you fearful and what to do about them. -Smash imposter syndrome, analysis paralysis, and perfectionism. -The life-changing magic of taking action. -How to change your self-perception and feedback loops. Become bolder, more fearless, and good enough. -How to prepare yourself for any obstacle. -Mindsets for success and mindsets to avoid. -How cognitive behavioral therapy can help you. -Why to embrace the zone of Ã¢â ¬Å“mere discomfort.Ã¢â ¬Â• Stop thinking about the Ã¢â ¬Å“what ifsÃ¢â ¬Â• in your life. Because confidence will turn them all into inevitabilities. Your goals, your social circle, your relationships, your career, and your life Ã¢â ¬â œ confidence is the key. Confidence creates the life you want and lets you smash through goals, while making sure you never feel invisible, waste your potential, or feel paralyzed from anxiety. Say goodbye to fear and anxiety TODAY by scrolling up and clicking the BUY NOW button! There is also a companion confidence workbook to help you work through your specific issues and find your own version of confidence: https://www..com/dp/1974210154

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Customer Reviews

I really appreciate how the author identifies big concepts and illustrates them in ways that are recognizable. A truly illuminating read.

Great foundation in building the image you want to haveEasy to read and digest. A must have, just as a reminder to yourself how awesome you are!

This book TOTALLY hits spot on lots of stuff I was thinking about as I've been trying to improve myself and I'm glad that the author articulated them so well! Confidence is my choice! This is now my mantra, and I love it.

I give this book 5 stars. It deserves it; it's a big improvement over other books I have bought and read from . I am a fan of this author and this book does not disappoint. I would give it more stars if possible!

Really loved it. Very inspirational but it goes beyond that in telling me what steps I can take tomorrow to instantly improve everything about myself. I will re-read this book again soon I think.

Like most of these types of books it has good information. Just a little over simplified.

This book gives you practical skills that can be used on a regular basis.

Some new angles

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