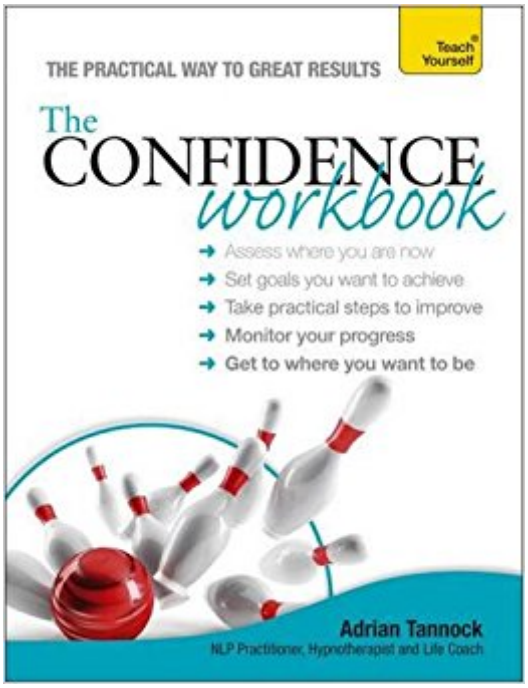
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The Confidence Workbook (Teach Yourself: Relationships & Self-Help)



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Synopsis

"Do you want to have the confidence to talk to anyone in any situation? Or to stand out from the crowd at work or when you’re interviewed?This new Teach Yourself Workbook doesn’t just tell you how to be confident. It accompanies you every step of the way, with diagnostic tools, goal-setting charts, practical exercises, and many more features ideal for people who want a more active style of learning. The book starts by helping you identify the factors currently constraining your confidence, and their causes. It then helps you set specific goals to improve on; as you progress through the book, you will be able to keep checking your progress against these goals. Specially created exercises, using the tools of NLP, hypnotherapy and cognitive psychology, will help you to boost your confidence so that you can reach your potential in any situation."

Book Information

Series: Teach Yourself: Relationships & Self-Help

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Average Customer Review: 5.0 out of 5 stars 3 customer reviews

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Customer Reviews

Adrian Tannock (Manchester, England) is a qualified NLP practitioner and hypnotherapist, who has helped thousands of people to develop their confidence.

This is an interesting and very practical book about building your self-confidence and recording your progress. It is the work book format which makes it so useful as it gives you the space to write down your thoughts and to record your progress in one place. You could pick out just the chapters you are most interested in and work through those but for anyone who feels their self-confidence is not as good as it might be it is probably best to at least try and work through all of it.The books likes at

many common issues involved in self-confidence and the lack of it such as procrastination, dwelling on the past and past events which have sapped your confidence, overcoming anxiety and setting goals which are not too far out of reach. There are case studies throughout the book which help the reader to see the techniques described in the book in action.If you don’t find visualisation exercises help you then this may not be the book for you but it is always worth trying them to see if they help you. I found the sections of negative thinking useful because it is all too easy to slip into the mind set of assuming that everything you try is going to turn out badly if you happen to be going through a difficult phase in your life.I think the workbook format is an interesting addition to the well-known and trusted `Teach Yourself’ brand and I shall be looking out for others in the series.

I am a serial entrepreneur, a University lecturer in Russia, Italy and the USA in Business Economics and International Law and am an international business and peak performance consultant. As such, I have read a plethora of business, motivational, peak performance, coaching, team building psychology type of books over 22 years. In fact I have enough books at home, on these subjects, to sink several ships. I therefore have read many books looking at what makes great entrepreneurs and how the best motivate employees. I therefore have used both my real life business experience and theoretical knowledge to review this book.The author of this book has done a great job at tackling a very important subject in personal motivation/self help. Most people who fail, fail because they do not try or fail to keep trying when things go wrong because they lack confidence. Confidence in my experience is often tied to low self esteem. This book gives the reader small easy to do exercises which over the course of the book gives the reader a better understanding of what their own issues are and where their self confidence issues are coming from. The text of the book is brief, to the point but easily understood. I truly believe if a person with low self esteem and low self confidence were to read this book, understand what the author is talking about and actually do the exercises, their self esteem will increase and so will their confidence.This is an easy to read book, with great exercises and I do think the content will be beneficial to all who read it.Highly recommended.

Haven’t used it with clients yet, but I think it will get the job done.

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