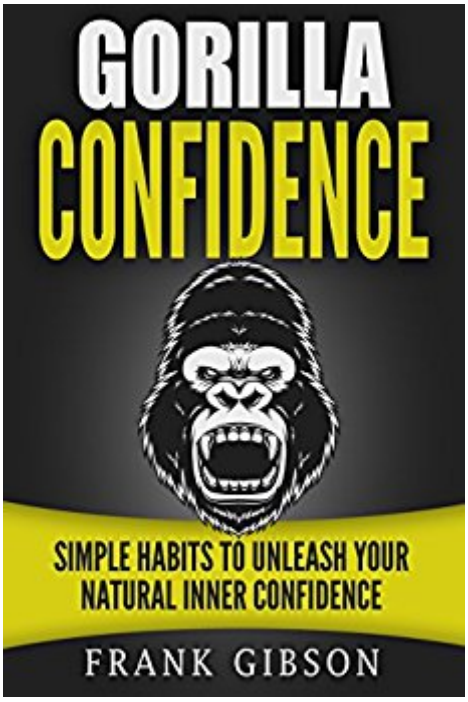
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Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence)



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Synopsis

Have you always wanted to be more confident around new people, at work or even in the bedroom?More than 50 percent of all people suffer from a lack of confidence in one situation or another and despite this fact, most people still donÃ¢â ¬â„¢t know the best ways for dealing with their own lack of confidence.Increasing your level of confidence is akin to improving your self-worth and the more confidence you have the more you will understand what you are truly capable of and what your true value is. Those who tend to me more confident tend to experience more happiness and an overall level of enjoyment of their lives regardless of the specific situations. They also tend to experience much less self-doubt as a result of either anxiety or fear.So stop living in a world defined by doubt, improve your confidence level and experience all the joy and happiness you have always known you deserve!Inside you will find:Ways to ensure you are more confident in both body and mindTips for keeping your confidence high while meeting new people regardless of the situation.One surefire way to make yourself more confident when dealing with the opposite sex, guaranteed!And much, much moreÃ¢â ¬Â¦Scroll To The Top & Click The "BUY NOW" ButtonYou'll be so happy you did!

Book Information

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Customer Reviews

A friend of mine has been struggling with severe social anxiety, and even though I've always given him advice on how to handle it, he always seems to forget it. So I decided to buy a few books for him, including this one. The information contained in this book is comprehensive, and the tips provided are quite basic, but essential, practical and easy to follow. And I must say, my friend is quite happy with it.

Gaining and having a strong self confidence isn't that easy as we speak. It needs a lot of time and practice to develop such. Hence reading this type of guide books such as this one will definitely help in attaining our desired self confidence. Upon having a quick read on it, I have learned the habits and techniques of what might be useful on gaining such. I believe that if someone have read and would follow the tips explicated in here will let him or her see a positive result. I would definitely keep this one for future reference. Recommendable book.

Having a lack of confidence can be a difficult issue to overcome for most people. This book does a good job of outlining effective strategies to combat this situation, and give many tips and advice that was very helpful. Whether in social or business settings, having lack of self confidence can hurt your chances of finding a soul mate or closing new business contracts, so having a resource like this book is very valuable. Well written and easy to read, I highly recommend this gem of a book.

I purchased this book because I'm always looking for ways to improve my confidence. This is a very well written motivational and inspiring book. There are definitely tips in here that I've never heard of but make sense for me to start implementing in my life. The author did a great job in explaining self-confidence in this book. I really enjoyed reading this book and I think you all will too. I think I am more confident than before. It will definitely improve your life.

Really good book with some amazing strategies that will help me be more confident in various situations. The most useful information for me was how to be more confident in social events and around the opposite sex. Great tips.. worth every penny!

Writer gives a few good tips but could have been better if he dwelt a bit longer on certain advice rather than adding a whole chapter on dating. Would still recommend as a quick read

Simple approach to the same concepts in Amy Cuddy's book. Good for kids and tweens

I used to have confidence issue, but after after reading this book I started to improve my confidence. I know big changes doesn't happen over night but I notice my confidence rise. If you're having confidence issue or would like to learn more about confidence then i suggest you should get this book.

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Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Self-Therapy for Your Inner Critic: Transforming Self Criticism into Self-Confidence

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