



Super Confidence: Simple Steps to Build Your Confidence

By Gael Lindenfield

HarperCollins Publishers, United Kingdom, 2014. Paperback. Book Condition: New. 196 x 126 mm. Language: English . Brand New Book. This newly updated version of Super Confidence instructs you on how to bring out the best in yourself and provides practical skills to help you rise to the challenge. We all envy people for being open, secure, relaxed and successful. But confidence isn't something you have to be born with but a quality we are all capable of learning. Gael Lindenfield is not asking you to be Superwoman. But by working through the practical exercises we can gradually build up a self-assurance which can conquer those difficult situations. Then you too can stand tall and bring out the best in your relationships and your work. It is a pleasant change to see a realistic book that teaches confidence to women. Encouraging and helpful. Sunday Express.



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