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## Wire Your Brain for Confidence: The Science of Conquering Self-Doubt (Paperback)

By Louisa Jewell

Famous Warrior Press, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you ever wonder why you are confident in some areas of your life, yet in other areas you have so much fear and self-doubt? The good news is scientists have discovered the formula for how you can wire your brain for a more action-oriented kind of confidence that boosts your courage to act, even when you re feeling afraid. In this approachable and game-changing guide, positive psychology expert Louisa Jewell shows that adopting a resilient mindset will enable you to show up as your best self at home and in the workplace. Jewell has deep knowledge of the science of the good life, honed through years of study and practice, and here she presents only the most effective and proven techniques for increasing your grit and confidence. Through stories, reflection questions, and exercises, she will guide you from fear to courage, and give you the ability to accomplish the goals that seemed impossible. Wire Your Brain for Confidence will put you on the fast track to flourishing in every area of your life. Louisa Jewell is the founder and president of...



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