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relaxed in any situation and accept who you are Stop seeing ...

Real Confidence: Stop feeling small and start being brave ...

I really enjoyed reading this book called Real Confidence: Stop Feeling Small and Start Being Brave. It really helps you to be able to regain your confidence back and it also gives you some important stuff to think about being more confident. I really thought that this book was very helpful to me and I think that it will definitely guide me and others in the right direction.

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STOP FEELING SMALL How confident are you? Deep down, you probably believe that if you could just be a bit more

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confident and comfortable in your own skin, then you could do anything you wanted. But there's always something that seems to hold you back. So how can you learn to be more confident? **START BEING BRAVE**

Real Confidence : Stop feeling small and start being brave

“Confidence has become the holy grail of modern life” argues a new book from Psychologies Magazine. **Real Confidence: Stop feeling small and start being brave** | Wiley News Room – Press Releases, News, Events & Media

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Real Confidence: Stop feeling small and start being brave. Psychologies Magazine. ISBN: 978-0-857-08657-0 January 2016 Capstone 192 Pages. E-Book. Starting at just £7.99. Print. Starting at just £9.99. E-Book. £7.99. Paperback. £9.99. Editions Previous Next. Read an Excerpt Excerpt 1: (PDF)

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Real Confidence: Stop feeling small and start being brave "Confidence has become the holy grail of modern life" argues a new book from Psychologies Magazine. Many people believe they could do anything they want, if only they could be a bit more comfortable in their own skin.

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Real Confidence: Stop Feeling Small and Start Being Brave (Average rating 3.57 /

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Hi all! This really isn't that important, but I had pondered in the past about confidence vs arrogance, because one is very attractive and the other is (USUALLY) very unattractive, but they can sometimes seem similar in how they manifest in a person.

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