

Confidence The Secret

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5.0 out of 5 stars Confidence: The Shared Secret. Reviewed in Canada on 28 November 2018. Verified Purchase. I bought this book for my younger sister as a gift. She suffers from anxiety and can feel a loss of confidence at times. This book is really helpful for when you're feeling low or down -- or even for every day reading and happier moods ...

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Now, in Confidence: The Secret, Katie takes the next step from recovery to empowerment, sharing what she's learned from her most difficult moments to inspire and guide others and giving listeners the tools they need to feel happy, confident and better about themselves. Showing that confidence is about valuing who you are, not what you do or how you look, Katie offers advice, ideas and inspiration for feeling more confident in all areas of life, whether it's at work or school, in ...

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The Secret to True Self-Confidence Why most efforts to boost self-confidence fail, and what you should do instead. By Jessica Stillman, Contributor, Inc.com @EntryLevelRebel.

~~The Secret to True Self Confidence | Inc.com~~

If self-confidence is 'I can' and self-esteem is 'I am', then pride is 'I did'. To feel proud is to take pleasure and satisfaction from the goodness of our past actions and achievements.

~~The Secret of Self Esteem | Psychology Today~~

Confidence is not a personality trait or quality. It's not something that you either have or haven't. Being confident is a skill. Everyone can build their confidence if they know what to do. Confidence comes from being clear, ready and focusing on the right things. Task clarity, focusing on what you can control, recalling your achievements, knowing how you'll use your strengths, and feeling as prepared and ready as you can be; these are the foundations of solid confidence.