



The Confidence Plan

By Sarah Litvinoff

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, The Confidence Plan, Sarah Litvinoff, Confidence is a sought-after but often elusive quality. If self-doubt creeps in confidence is eroded and we start to question every aspect of ourselves. We lose touch with our instincts and our true self-worth the debilitating effects of which can reach far and wide into both our personal and professional lives. It is no wonder then that people of all ages are looking for help and ways to resolve their confidence issues. With its friendly, non-judgemental tone, The Confidence Plan will help readers to understand confidence, what it means, how it affects their lives and how they can improve it. The book is easy to follow and couched in straightforward, friendly and personal terms. Readers will develop a change in their attitude toward themselves from one of anxiety, fear and lack of self worth to one in which they believe in themselves and their ability to succeed in all areas of their lives. A simple ten-step plan facilitates readers in understanding where they are now, where they need to be and how far they have to go to achieve their goal. The exercises in the book...

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