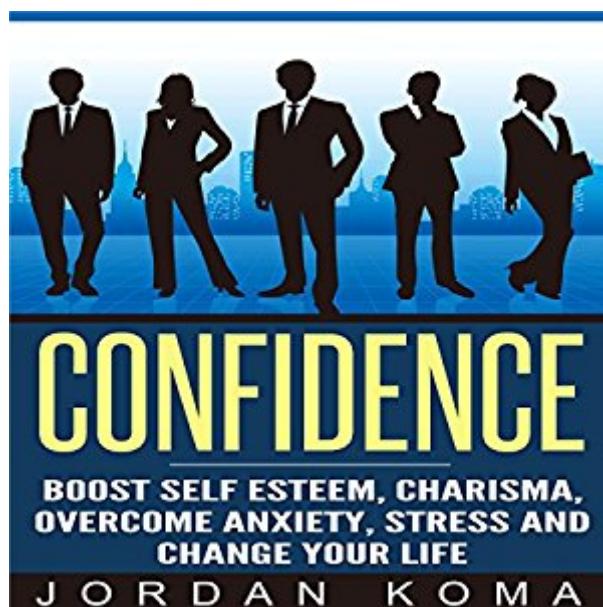


The book was found

# Confidence: Boost Self Esteem, Charisma, Overcome Anxiety, Stress And Change Your Life



## **Synopsis**

What do motivational speakers, salespeople, preachers, and lawyers have in common? They are all in the business of convincing people, and they do it well. In fact, they do it so well, that this is their job - to persuade people to "buy" what they are selling, whether it's an actual product, or a concept, a story, an ideology, etc. A motivational speaker's job is to convince you to such an extent, that you become motivated and determined to follow the steps that they are explaining to you. Persuasion is their "bread and butter". Salespeople are the same; their livelihood depends on persuading you to buy the products they are advertising. They are skilled at their craft and employ various psychological techniques to convince you to cave in and make a purchase. Think about car salesmen and how well-known they are for their selling abilities. You have to be pretty good to persuade someone to buy a used car. Pretty impressive, right? The stakes are much higher when it comes to people like lawyers and preachers. Their job is to convince judges and juries and entire congregations, respectively. Their oral skills have to be impeccable, as well as their delivery, a tone of voice, facial expressions, and penetrating gaze. Their stance admits no hesitation; they have to inspire unmovable determination and confidence. That is ultimately what sways people in their direction.

## **Book Information**

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## **Customer Reviews**

For me having confidence with our self can help us fight anxiety. Because I believe that if you are confident with yourself you only got a little chance to feel anxious about everyone else around you. You are satisfied of what you can do and that makes you happy. But yeah a little bit of change to

improve one's self is always better. I love how the book trimmed down the specific topics that can actually help us to boost our confidence and how anxiety can affects our life. This is the perfect book that everyone should have in order for them to transform their mindset about themselves. Such an amazing book.

Confidence is very important, whether it's in your career or personal life. So if you think that your lack of self-confidence affects your productivity, then this book is for you. This will provide you with helpful advice and tips when it comes to overcoming anxiety during events such as public speaking. You will also find this guide useful in improving your communication skills, especially if you're a salesperson. With this, you'll be able to boost your self-esteem and be successful in whatever you do.

This book helps me boost up my confidence. I've learned a lot from this book because it tackles a lot of information. Not only I learned some basic but some psychological techniques. Short but informative and even facial expression is discussed here. Simply amazing.

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Confidence: Boost Self Esteem, Charisma, Overcome Anxiety, Stress and Change Your Life

Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Self Esteem: Mastering Your Life!-Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt)

Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety, Confidence, Charisma, Introvert) Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today)

Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT)

Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life! Self control, ... Self-Confidence, Self-esteem, Organizing) Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks)

Superhero Killer Confidence: Easy Actions to Boost Your Self-Confidence through the Roof, Overcome Your Fears and Break through Any Barrier: (Become Unstoppable and Live Life to the Fullest) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Affirmation Weaver: A Believe in Yourself Story, Designed to Help Children Boost Self-esteem While Decreasing Stress and Anxiety Trypophobia: Real, Terrifying and you defenately have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing Self-Esteem and Self-Awareness (Indigo Dreams) A Father's Guide to Raising Daughters: How to Boost Her Self-Esteem, Self-Image and Self-Respect Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)

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