

Fearless Social Confidence Strategies To Conquer Insecurity Eliminate Anxiety And Handle Any Situation How To Live And Speak Freely

Two people get knocked down. One rises to the challenge, while the other one stays down for good. How will you live your life? Can you plan your life to avoid the inevitable obstacles and hardships? No, because if you get past the first obstacle, the second or the third will take you down. Life is tough, which means you should get a helmet. Welcome to your life helmet. Train yourself to prepare for the worst while expecting the best. *Mental Toughness & Iron Will* is a guidebook into becoming someone who stops at nothing to achieve their goals. What is mental toughness? It is a mindset and state of being - it comes from deep habits, skills, and thought patterns. You'll learn all of those, and also how to put them into immediate action. This book is the rocket boost to get you to invincibility. Learn to build bulletproof mental armor. Patrick King is an internationally bestselling author and social skills coach. His writing draws from a variety of sources, from scientific research, academic experience, coaching, and real life experience. He's well-versed in mental toughness and how it is one of the keys to getting ahead in life. Mental toughness techniques used by top 1% performers.

- The importance and biological imperative of mental toughness.
- How to face failure and fear head-on.
- Emotional thinking and how to bypass it. Overcome your emotions and rely on your iron will.
- How we distort our realities and self-sabotage - and how to stop it.
- Building the skill and habit of mental toughness and resilience.
- Characteristics of the mentally weak and lacking. Become relentless, persistent, and unstoppable in achieving your goals.

Sadie Robertson, bestselling author and star of *Dancing with the Stars*, has an important message for her generation: you don't have to be held back by fear, anxiety, or loneliness anymore. In *Live Fearless*, Sadie takes you on a thrilling personal journey toward power, passion, and purpose as you live at the center of who God created you to be! Dear friends, I don't know about you, but I'm pretty tired of the struggle. You know which one I mean—fear, loneliness, not knowing who I am or what I'm meant to do. . . . Sound familiar? I struggled with insecurity, comparison, and isolation for too many years, from thigh gaps to eyebrows to the lifestyles I felt I had to live up to. I was so afraid of being “found out,” that everyone in my life would somehow figure out that I was fearful and small and that I struggled to make my faith a reality and to be secure in who I am. It took a major perspective shift from staring at comments on a screen to really digging into the pages of my Bible to see what God actually says about overcoming fear. Setting aside the fear, anxiety, and comparison to become the joy-filled person God created you to be is exactly what God is inviting you into. To really be seen and known. To be an agent of change by choosing compassion, connection, and acceptance for everyone you come in contact with. Inside this book are ways to find your power, passion, and purpose—and reach for your dreams. Plus, there are places to jot down notes, fun lists, practical ways to make changes, and thoughts on how living fearless can change everything. Are you tired of the awful comparison game? Are you exhausted from trying to keep up, from feeling small and afraid that people will find the real you and be disappointed? There is so much more for you. No matter who you are, where you come from, or what your fears are, freedom is available to you. It's just a matter of saying yes. You in? Hope you'll join me on this wild adventure as we learn to Live Fearless together. Love, Sadie

A longtime corporate executive and meditation teacher explains how mindfulness can help you be more confident, resourceful, and at ease in the workplace Work is such a crucial part of our life, and yet we often struggle with—and feel overwhelmed by—the numerous challenges it presents us. Whether it's job insecurity, making peace with or leaving an unfulfilling job, or dealing with office conflicts, we often experience fear and a sense of groundlessness just at a time when we want to be our most creative and resilient. Drawing on Buddhist philosophy, Michael Carroll, a longtime human-resources executive, meditation teacher, and executive coach, explains how the practice of mindfulness—full awareness of our moment-to-moment experience—can help us become more confident and open to possibility in our work life. He offers a system of potent, inspiring principles that we can use as a practice for helping us work with our insecurities and awakening our natural bravery, resourcefulness, and resilience.

Brainblocks are the mental obstacles that keep people from achieving success, defined as setting, pursuing, and achieving a goal. Managing the brain is the solution to preventing mental blocks from interfering with achieving your goals. And neuropsychologist Dr. Theo Tsoulos gives you the tools to improve: Awareness: • the seven brainblocks to success (self-doubt, procrastination, impatience, multitasking, rigidity, perfectionism, negativity) • the characteristic feelings, thoughts, and actions associated with each brainblock • the brain functions involved in goal-oriented action • brain glitches and how they create setbacks • the cost of not removing brainblocks • the best strategies to remove the blocks Engagement: • actively search for brainblocks in your actions, thoughts, and feelings • recognize and label each brainblock as soon as it is identified • practice each strategy consistently until it becomes second nature • track your progress toward a goal Through these strategies you will learn to overcome these cognitive obstacles and harness the power of the brain to achieve success in any endeavor.

There's nothing wrong with you, you're not broken and you don't need fixing. Here's the bad news: 99% of people go through almost their whole lives never really feeling good about who they are, never really liking themselves and never thinking that they are enough. And as a result, they live a life that is a tiny fraction of what it could be, the life they have settled for instead of the life they dreamed of. If you are not yet living the life of your dreams, the chances are that this is you too. Here's the good news: You already have everything you need to be confident and successful and to live the life you want on your terms. You only need to UNLEARN all the bad programming and wrong thinking that you've been given to unleash the incredible power within you. This book will show you how. After finding himself at his absolute lowest point, Andrew Leedham went on a mission to discover the secrets to creating the unstoppable self-confidence of the 1%. What

he discovered shocked him. That most teaching on confidence and success was not only wrong but also highly destructive. And that with the secrets he discovered you could transform your confidence and success, PERMANENTLY and FAST. If you're on the fence about reading this book: This book is all about how to create the indestructible, natural confidence of the 1% who live life on their terms and achieve success in all they do. In this no-nonsense, application-specific guide, you'll get the most powerful strategies and success principles to build the mindset and confidence that will make you unstoppable. Most importantly, how I teach this is what makes the transformation of your confidence permanent.

Finally get what you deserve and stop "letting it slide" - without guilt, fear, or awkward tension. Saying no - just thinking about it sounds awkward, right? But that's the barrier between you living your own life, and living for others. Get what you want, starting immediately. Stop sacrificing your own needs. Quit the agreeableness and accommodation habit. How to Say No examines the psychology of those unable to stand up for themselves. It's not as simple as wanting to avoid awkwardness, and it's not about the correct sequence of words. You'll dive deep and learn about your beliefs that are holding you back, as well as how to conquer them in short time. Saying no is the most liberating thing you can do for yourself, and this book tells you how to get there from inside to out. Swift tactics to gain respect, set boundaries, and ask for what you really want. Patrick King is an internationally bestselling author and social skills coach. His writing draws of a variety of sources, from scientific research, academic experience, coaching, and real life experience. How to decisively say NO and stop being taken advantage of. -The counter mindsets you must change, and the mindsets you must replace them with -A multitude of categories for how to asset yourself -The easiest and least tense ways to simply say NO -An examination of your beliefs surrounding acceptance, love, and self-worth -Boundaries and how to ruthlessly enforce them Stop putting others first and start treating yourself better. Who are you living your life for? Do you feel like you are exhausted by the time you can finally pay attention to your own needs?

If fear of public speaking is undermining your success, Fearless Speaking can change your life. In this groundbreaking book, Dr. Gary Genard shares his proven method for transforming your self-doubt into confidence. His easy-to-use system will help you escape the negative thinking, physical symptoms, and avoidance behavior that are holding you back. This step-by-step, personalized approach features 50 exercises that will dramatically boost your comfort level and skill in as little as 12 days. From business presentations to contributing at meetings to persuasive speaking to wedding toasts, Fearless Speaking will help you put your anxiety into perspective, turn harmful self-talk into positive thinking, and acquire the skills to become a more dynamic speaker. You'll find techniques to dramatically reduce the physical and emotional aspects of stage fright while boosting your focus and presence. Actor and speech coach Dr. Genard shows you how to grow your confidence quickly with The Fearless Speaking System, a performance-based approach that has helped thousands worldwide. You'll learn how to understand your personal fears while discovering ways to create your own success. If you've been avoiding speaking opportunities, if you dread delivering speeches, or if you have a make-or-break presentation coming up, this is the book for you. It's a self-directed course for eliminating speaking fear forever that you can learn quickly, efficiently, and effectively. Dr. Genard's exercises, many of them directly from the world of the theater, help people from all walks of life deal with issues like establishing rapport with an audience, pacing your presentations, moving and activating listeners, and other critical challenges. Don't let fear of public speaking limit your success any longer. Read the book, practice the exercises . . . and start enjoying public speaking!

Break your crippling addiction to approval and learn to be less "nice". Do you keep your mouth shut for fear of falling out of people's graces? Feel that you need to please and serve to stay in your social circles? You have the need to please, and all the associated beliefs. Stop bitterness, resentment, and anxiety from always saying yes. Stop People Pleasing is a frank look at people-pleasing tendencies - where they come from, how they manifest, and exactly what to do about them. Most importantly, the book emphasizes real, actionable tactics to change your relationship with yourself and others. This book was written by a recovering people-pleaser, so you can be sure that there is a real understanding of your struggles. Reprogram your beliefs and learn to accept yourself. Patrick King is an internationally bestselling author and social skills coach. His writing draws of a variety of sources, from scientific research, academic experience, coaching, and real life experience. Find your voice, stand up for yourself, and put yourself first.

- The psychological and often traumatic origins of people-pleasing tendencies.
- The harmful beliefs you subconsciously possess and how to alter them.
- How to learn new, empowering habits. Learn the deep origins of your need to please, and how to set healthy boundaries.
- How to set boundaries, and avoid porous ones.
- A plethora of strategies to say no and make your thoughts known.
- Understand your guilt and get better with confrontation.

Does public speaking paralyze you and tie your stomach into knots? Want to get a standing ovation every time? What goes into a dazzling opening and closing? Does the prospect of facing embarrassing judgment make your palms sweat? Or do you want to learn how to absolutely own the stage and become a magnetic speaker? Public speaking and presenting is one of the most common phobias -- and it's completely understandable. When else in our lives are we so open and vulnerable? But it's a necessary evil in all aspects of our lives, whether professionally and personally. From making a presentation in the boardroom to being more confident with the opposite sex, your speaking skills will take you to the next level and get what exactly what you want in your life. Fearless Public Speaking is the rare book that will (1) help you destroy your anxiety so you can confidently take any stage, and (2) once you're up there, be unforgettable and captivating as a speaker. The tenets in this book come from studying the experiences of the best presenters in the world, from CEOs, standup comics, to actors, and more. Jason Bax, noted actor, speaker, and entrepreneur, lends his thoughts in a guest chapter. And me? I'm a social skills and charisma coach, speaker, and semi-professional musician who thrives in front of the crowd... but I wasn't always like this - I know your struggles and I can help you from point A to point B! How will you learn to captivate audiences?

- Why knowing where your audience gets their news is key to your memorability.
- How to construct a bulletproof opening and closing.
- How to make sure you reach any audience emotionally.
- Overcoming stage fright and jitters with mental rehearsal techniques. As well as...
- What rehearsed spontaneity is and how it makes your audience connect.
- Stage presence techniques of the masters of performance like Freddie Mercury.
- How standup comics own the stage and win over hostile crowds.
- What a memory palace is and how it will help you memorize your speech. Put the audience in the

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palm of your hand, starting now! •Feel confident and empowered in taking the stage anywhere, anytime. •Speak your way to better jobs and relationships with each mini-presentation. •Build a reputation as an effective and engaging speaker. •Learn to overcome judgment and build self-confidence. •Own the room, audience, and applause.

There's nothing wrong with being shy. But if social anxiety keeps you from forming relationships with others, advancing in your education or your career, or carrying on with everyday activities, you may need to confront your fears to live an enjoyable, satisfying life. This new edition of The Shyness and Social Anxiety Workbook offers a comprehensive program to help you do just that. As you complete the activities in this workbook, you'll learn to: Find your strengths and weaknesses with a self-evaluation ; Explore and examine your fears; Create a personalized plan for change; Put your plan into action through gentle and gradual exposure to social situations.... Information about therapy, medications, and other resources is also included. After completing this program, you'll be well-equipped to make connections with the people around you. Soon, you'll be on your way to enjoying all the benefits of being actively involved in the social world.

Stand your ground without guilt, fear, or awkward tension. Finally get what you deserve and stop "letting it slide". Who is making your daily choices for you? Is it you? Make sure you possess the everyday assertiveness to get what you want and resist the pressure to reject what you don't want. You've put yourself last your entire life. It's time for that to change. Stop enabling, sacrificing your needs, people pleasing, and being so "agreeable." The Art of Everyday Assertiveness is a guide for the chronically "nice," "overwhelmed," and "accommodating". It is a deep psychological dive into the beliefs that makes us lack assertiveness, and how to systematically combat and replace compulsions with healthy mindsets. This is a book that stands apart from others because of the plethora of real life examples and solutions. If your problem is assertiveness, you'll find the step by step answer in this book - included is an Assertiveness Action Plan unlike any other. Gain respect, set boundaries, and ask for what you really want. Patrick King is an internationally bestselling author and social skills coach. His writing draws of a variety of sources, from research, academic experience, coaching, and real life experience. He's also a recovering people pleaser who knows exactly how it feels to feel unable to speak his mind. How to decisively say NO and reclaim your time and energy Stop putting others first and being taken advantage of. -A wide variety of ways to say no - without tension or awkwardness. -Beating the subconscious beliefs that make you a compliant doormat. -How to set healthy boundaries and protect yourself from others. -How to ask for exactly what you want, when you want it. -The instinct to over-apologize and how to fix it. Stop being a "helpaholic" and start treating yourself better. Assertiveness is the first step to creating the life you want - not the life someone else wants for you, or taking care of someone else's to-do list. You're not responsible for other people's happiness. But you are responsible for yours. What makes you happy? Do that. What makes you unhappy? Avoid that. If other people interfere with this simple credo, assertiveness is what will save the day.

THE ULTIMATE SELF-CARE BOOK FOR TEENAGE GIRLS Face up to the world with confidence and higher self-esteem Growing up has become faster, more furious and the pressures more intense. Anxiety and panic have reached epidemic proportions. A third of teenage girls will suffer from depression. Factor in a rise in self-harm and eating disorders and the mental health stats become alarming. It's time to equip young women with the means to fight back. A Girl's Guide to Being Fearless unlocks self-esteem, confidence, wellbeing, resilience and offers an antidote to an overwhelming world of altered photos, filters, and fillers. A Girl's Guide helps parents, girls, and teachers understand that wellbeing is an inside job. As an essential book for our time, this guide reflects the challenging world facing teens. The authors suggest there is little to be gained by asking girls to stop taking selfies or using Instagram filters, because these habits are ingrained in teenage culture. Instead, guidance is provided on how girls can take action to increase their confidence and love the skin they are in. Moreover, it's about learning to be a class act in person and online. Practical exercises and doable ideas to inspire young women Encouragement to eliminate self-limiting beliefs Guidance for girls on lifting themselves and others up Tips for showing greater confidence and being excited about the future Suggestions for how to live your best life Keep calm and read A Girl's Guide to Being Fearless, a gathering of life's cheat codes; all simple, do-able and hugely entertaining. Learn how to show anxiety the door and let in more of the good stuff. This book will help you find your Brave. Whisper it quietly, but it might even change your life.

Would YOU like to live a Rich and Fulfilled life? Is it time to Empower Yourself and take Control of your Emotions? Proven FACT: Most of us sabotage our success & happiness! This Inspirational book can help you to: Be Positive, Believe in Yourself and Achieve Peak Performance. This book has received great reviews from: Best selling authors, Clinical Psychologists, Media personnel, Entrepreneurs, Business Executives, Wellness coaches and people from all walks of life (few mentioned below in the editorial reviews section). About Author Maddy Malhotra is an International Motivational Speaker and Success Coach. He is a regular guest on radio and has been interviewed by stations worldwide including the BBC. He's done motivational shows for well-being TV channels and has been featured in several national newspapers and health magazines. His life story has inspired hundreds of thousands worldwide. He lives in the UK and is involved in several Charity/non-profit projects. Maddy is passionate for helping people to achieve Success, Happiness and Self-Love. Maddy says I have shared the philosophies and principles which have been followed by every successful person and their roots can also be found in ancient wisdom. I have applied and lived these myself and my clients have benefited from it. I don't want anyone to feel unworthy, unlovable, or incapable so I have revealed some very important facts which can help you live a happier and fulfilled life. These secrets affect every area of our lives every single day but are not taught at school and are rarely a part of parenting! This became the biggest reason for me to write this book and create seminars and home study course. "High Self esteem (self-belief), a fearless Positive Mind, Confidence in Your Abilities, Effective Habits and Clear Goals - are essential to create a Prosperous and Happy life" From the back cover "We need a Positive Self-Image for Career or Business Success, Ideal Body and Happy Relationships. " Many hours and much money are spent every year in the pursuit of getting thinner, richer, more confident, 'better' jobs and fulfilling relationships. And yet we never quite seem to achieve what we desperately seek and we can't seem to keep hold of it when we do. Why is this? Quite simply we sabotage our own efforts with 'limiting beliefs' about our capabilities and our worth. In this Easy to read and Practical book Maddy Malhotra aims to help us change that forever. If you have ever failed to achieve something you set out to do or achieved it and then lost it afterwards, this is the book for you. Learn why and how your beliefs are holding you back, what you can do about it and how You Can build Belief in Yourself. You have nothing to lose and everything to gain (including those elusive goals)! FACT: 'They' didn't teach us the principles of success and happiness! This book can help you achieve More Time for Yourself, Happy Relationships, Clear & Effective Goal setting, Financial Success, Emotional Intelligence, Leadership Skills, Self Empowerment, Create a Positive Attitude, Mental Toughness, Positive Behaviour, Decision Making Skills, Inner Motivation, Self Love, Inner-Peace, Effective Parenting, Understanding 'How Life Works', High Self-Esteem, Boost / Increase Confidence, Overcome / Get rid of Fears, Break Bad Habits & develop new like the world class achievers, Be Successful, Be Happy, Be Peaceful, Forgiveness and daily Gratitude. If you like Stephen Covey's Seven Habits of Highly Effective People or Brian Tracy's books or the Chicken Soup for the Soul series (Jack Canfield), then you'll like this too! Some readers of this book, who had read 'The Secret', realised why the 'law of attraction' didn't work for them! You can read Maddy's inspirational life story and his humanitarian projects at CoachMaddy.com Like many, you can also benefit from his personal development articles, media interviews, and blog.

FEARLESSLY TALK TO ANYONE! Talk to attractive people you want to meet, get more dates, connect with high quality friends and no longer worry about rejection! This is a proven guide for overcoming crippling social anxiety and building the life you desire. Would you like to Stop worrying about rejection?, Learn how to enjoy conversations?, Fix poor body language habits? And Fix the negative feelings constantly holding you back from expressing yourself? If yes, then you MUST read Social Confidence Mastery. It integrates concepts and strategies from Cognitive Behavioral Therapy, Body language and social skills, methods of reconnecting with true happiness, self-acceptance,

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mindfulness, and a diverse selection of social anxiety conquering tasks. This book combines outer technique (body language and social skills) with inner strength (happiness & authenticity) You don't need to chase happiness and confidence. Chasing it only reinforces the negative belief that you lack it! This book will teach you to reconnect with your inner confidence and express it authentically. With the advice of this book you can finally turn down the volume of that annoying, negative voice of self-doubt. The voice that tells you, "Don't talk to her! She might not like you!" This is the voice of your own insecurities reinforcing your lack of self-worth. These negative thoughts are a manifestation of suppressed trauma and perceived rejection. Social Confidence Mastery teaches you how to handle suppressed feelings and habits of social avoidance. Every time you avoid talking to someone it reinforces your fear. Can you imagine how scared people are after avoiding thousands of interactions? Of course you can if that's the life you've been living! Learn how to embrace all social situations rather than shy away from them. Start building a new habit of communicating authentically with everyone instead of shying away from imagined consequences. If you have always wanted more success in dating, all relationships, business and everything you do then this is the book for you. Social Confidence Mastery: How to Eliminate Social Anxiety, Insecurities, Shyness, and the fear of rejection prepares you mentally for the challenge of accepting yourself as you really are without the need to impress anyone. Inside you will learn: Confident Body Language Confident Speaking Skills How to Be Assertive How to Quickly Enter a Confident State Without Alcohol How To Overcome Rejection How to Change Bad Habits How to Be Happy How to Overcome Social Anxiety How to Calm Fearful Feelings How to Get Out of Your Comfort Zone Social Confidence For dating Social Confidence for all situations How to Build Positive beliefs And Much More! This program has already successfully helped many people improve their life and it can help you too! See what others are saying: "Social Confidence Mastery totally blew my mind! How come we don't learn this stuff in school? I had a traumatic childhood that left me socially anxious all the time. I was afraid to leave the house but with the help of this book and support of a good friend I managed to finally start socializing with new people confidently." -Ken Phillips "I was scared to talk to women before. I always felt I'm not good enough and needed to impress them to have any chance. Now I realize this fear was from my own belief that I don't deserve their attention. This book has completely changed my life. I am now much more comfortable talking to women and get a lot more dates with good looking girls." - Aaron Cleary click the BUY NOW button at the top to start Social Confidence Mastery TODAY!

New York Times, USA Today, and Wall Street Journal Bestseller! Girls can rule the world—all they need is confidence. This empowering, entertaining guide from the bestselling authors of *The Confidence Code* gives girls the essential yet elusive code to becoming bold, brave, and fearless. It's a paradox familiar to parents everywhere: girls are achieving like never before, yet they're consumed with doubt on the inside. Girls worry constantly about how they look, what people think, whether to try out for a sports team or school play, why they aren't getting "perfect" grades, and how many likes and followers they have online. Katty Kay and Claire Shipman use cutting-edge science and research, as well as proven methods of behavioral change, to reach girls just when they need it the most—the tween and teen years. Packed with graphic novel strips; appealing illustrations; fun lists, quizzes, and challenges; and true stories from tons of real girls, *The Confidence Code for Girls* teaches girls to embrace risk, deal with failure, and be their most authentic selves. If you or the girl in your life loved *The Gutsy Girl* or *Rad American Women A-Z*, you'll love this.

This effortless and unapologetic approach to self-promotion will manage your anxiety and allow you to champion yourself. Does talking about your accomplishments feel scary or icky because you're worried people will think you're "obnoxious"? Does it feel more natural to "put your head down and do the work"? Are you tired of watching the loudest people in your industry get disproportionate praise and rewards? If you answered "yes" to any of the above, you might be self-sabotaging. You need to learn to Brag Better. Meredith Fineman has built a career working with "The Qualified Quiet": smart people who struggle to talk about themselves and thus go underestimated or unrecognized. Now, she shares the surefire and anxiety-proof strategies that have helped her clients effectively communicate their achievements and skillsets to others. Bragging Better doesn't require false bravado, talking over people, or pretending to be more qualified than you are. Instead, Fineman advocates finding quiet confidence in your opinions, abilities, and background, and then turning up the volume. In this book, you will learn the career-changing tools she's developed over the past decade that make bragging feel easy, including:

- Get remembered by focusing your personal brand and voice on key adjectives (like "effective, subtle, and edgy")
- Practice explaining what you do in simple, sticky terms to earn respect and recognition from the public and people at work.
- Eliminate words that undermine your work and find better ones--like your bio saying you're "trying" or "attempting" to do something instead that you ARE doing it. If you're ready to begin Bragging Better--to telling the truth about your accomplishments with grace and confidence--this book is for you.

Understand the "why" and "how" behind legendary leaders by using the new science of mindfulness to reclaim your confidence.

Picking up where *Quiet* ended, *How to Be Yourself* is the best book you'll ever read about how to conquer social anxiety. "This book is also a groundbreaking road map to finally being your true, authentic self." —Susan Cain, *New York Times*, *USA Today* and nationally bestselling author of *Quiet* Up to 40% of people consider themselves shy. You might say you're introverted or awkward, or that you're fine around friends but just can't speak up in a meeting or at a party. Maybe you're usually confident but have recently moved or started a new job, only to feel isolated and unsure. If you get nervous in social situations—meeting your partner's friends, public speaking, standing awkwardly in the elevator with your boss—you've probably been told, "Just be yourself!" But that's easier said than done—especially if you're prone to social anxiety. Weaving together cutting-edge science, concrete tips, and the compelling stories of real people who have risen above their social anxiety, Dr. Ellen Hendriksen proposes a groundbreaking idea: you already have everything you need to succeed in any unfamiliar social situation. As someone who lives with social anxiety, Dr. Hendriksen has devoted her career to helping her clients overcome the same obstacles she has. With familiarity, humor, and authority, Dr. Hendriksen takes the reader through the roots of social anxiety and why it endures, how we can rewire our brains through our behavior, and—at long last—exactly how to quiet your Inner Critic, the pesky voice that whispers, "Everyone will judge you." Using her techniques to develop confidence, think through the buzz of anxiety, and feel comfortable in any situation, you can finally be your true, authentic self.

Be Fearless is researched-based call to action for those seeking to live extraordinary lives and bring about transformational change. LOS ANGELES TIMES BESTSELLER * NATIONAL BESTSELLER Weaving together storytelling, practical tips and inspiration, the book will teach you how to put the five fearless principles to work so that you too can spark the sorts of remarkable breakthroughs that can impact the world. Philanthropist, investor, and technology pioneer Jean Case brings to life the five *Be Fearless* principles common to the people and organizations that bring about transformational change. When National Geographic Chairman Jean Case set out to investigate the core qualities of great change makers, past and present, from inventors to revolutionaries, she found five surprising traits they all had in common. These weren't wealth, privilege, or even genius. What all of these exceptional men and women shared was that they had chosen to make a "big bet," take bold risks, learn from their failures, reach beyond their bubbles, and let urgency conquer fear. Throughout *Be Fearless*, Jean vividly illustrates these principles through storytelling—from her own transformational life experiences, to Jane Goodall's remarkable breakthroughs in understanding and protecting chimpanzees, to celebrity chef José Andrés' decision to be a "first responder" and take his kitchen to the sites of devastating hurricanes to feed the hungry, to Madame C.J. Walker's vision to build a hair care empire that would employ thousands across the country, and more. She shares new insights to stories you might think you know—like Airbnb's tale of starting from scratch to transform the hospitality industry, to John F. Kennedy's history-making moonshot—and gems from changemakers you've never heard of. *Be Fearless* features a compelling foreword from Jane Goodall saying "there is no time in history when it has been more important to *Be Fearless*" and a new afterword with stories of people inspired to take action after reading the book.

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The Buddhist practice of mindfulness caught on in the west when we began to understand the everyday, personal benefits it brought us. Now, in this extraordinary book, the highly acclaimed thought leader and longtime English translator of His Holiness the Dalai Lama shows us that compassion can bring us even more. Based on the landmark course in compassion training Jinpa helped create at Stanford Medical School, *A Fearless Heart* shows us that we actually fear compassion. We worry that if we are too compassionate with others we will be taken advantage of, and if we are too compassionate with ourselves we will turn into slackers. Using science, insights from both classical Buddhist and western psychology, and stories both from others and from his own extraordinary life, Jinpa shows us how to train our compassion muscle to relieve stress, fight depression, improve our health, achieve our goals, and change our world. Practical, spiritual, and immediately relevant, *A Fearless Heart* will speak to readers of *The Art of Happiness* and *Wherever You Go, There You Are*.

The creator of the groundbreaking *Fearless Living* program shows readers how to overcome unrealistic expectations and live a life based on instinct and intention rather than fear, clinging, and regret. Reprint.

Help your child face all of life's challenges with confidence. Based on the innovative *Coping Cat* program, this book offers a proven-effective "recipe" for raising resilient kids! We live in an age of anxiety. Amidst climate change and natural disasters, a troubled economy, and one of the largest global pandemics in modern history—is it any wonder our kids are anxious and stressed out? Add in the pressures inherent in social media and consumerist culture, as well as the pressure of academic success, and you've got a recipe for disaster. The good news is that you can help your child manage anxiety and stress—no matter what life throws their way. This book will show you how. Written by two pioneering experts in child psychology and anxiety, *The Resilience Recipe* offers an evidence-based plan grounded in cognitive behavioral therapy (CBT) to help kids build emotional resilience and adaptability, worry less, and thrive—despite the stressors of modern life. With this guide, you'll learn to help kids feel more in control of their moods and emotions; cope with difficult experiences; and recognize the first signs of stress and anxiety in both their mind and body, so they can find quick relief. You'll also discover a wealth of tips and strategies to help you manage your own anxiety. Most importantly, you'll find a solid action plan to help your child feel strong and capable in the face of unprecedented challenges.

Body image expert Dr Charlotte Markey helps girls aged 9-15 to understand, accept, and appreciate their bodies.

Stop making decisions based on fear of failure, rejection, anxiety, and judgment. Break out of your shell and live boldly. All the goals you have, all the people you are jealous of, and the life you want to live are unlocked by one simple key: *Bulletproof Confidence*. Everybody wants it, but how do you get it? Not just "fake it 'til you make it" or "just smile more." *Bulletproof Confidence* is filled with real, actionable advice for your life TODAY. It's not generic, borderline useless advice you can read in any blog post online. This book will take you on a deep dive into the depth of confidence, self-perception, and the psychology of confidence - understand yourself so you can break through your mental barriers. Everything from psychology, biology, and even cognitive behavioral therapy is referenced in giving you the tools to feel more invincible on a daily basis. Finally feel comfortable in your own skin. Patrick King is an internationally bestselling author and sought-after social skills coach and trainer. He was also one of the plumpiest children you've ever seen, and understands the pains and processes of confidence like few others. This book was written by someone who knows exactly what you're facing and how you're hurting. In addition, a companion workbook is here for your disposal. Quiet the voice in your head and live how you want to. -Learn the subconscious triggers that make you fearful and what to do about them. -Smash imposter syndrome, analysis paralysis, and perfectionism. -The life-changing magic of taking action. -How to change your self-perception and feedback loops. Become bolder, more fearless, and good enough. -How to prepare yourself for any obstacle. -Mindsets for success and mindsets to avoid. -How cognitive behavioral therapy can help you. -Why to embrace the zone of "mere discomfort." Stop thinking about the "what ifs" in your life. Because confidence will turn them all into inevitabilities. Your goals, your social circle, your relationships, your career, and your life - confidence is the key. Confidence creates the life you want and lets you smash through goals, while making sure you never feel invisible, waste your potential, or feel paralyzed from anxiety.

Finally, a financial plan that lets you be YOU, only richer. It's time to throw away all your old notions of what financial advice should look like. Because if you're looking for a book to put you on an austerity savings plan that has you giving up vacations and lattes, you're out of luck. But if you're looking to get your finances in rock-hard shape--in less time than it takes to finish a workout--then Alexa von Tobel, Founder and CEO of LearnVest, has your back. How? Through the LearnVest Program. First, you'll take stock of where you stand today. Then, you'll create your customized 50/20/30 plan. 50/20/30 simply refers to the percentage breakdown of how to spend your take-home pay each month. The 50 gets the essentials out of the way so you don't have to stress about them. The 20 sets your foundation for the future, then the 30 is left to spend on the things that bring happiness to your life. By the time you're finished reading this book, you'll walk away with a financial game plan tailored to your priorities, your hopes and dreams, and your lifestyle. And, because von Tobel and the team at LearnVest are experts at financial planning in the online era, you'll also learn how to integrate your financial plan into your mobile, social, digital life. Like your own personal financial planner between two covers, this book will set you up for a secure, worry-free money future, without having to give up things you love. So toss those old-school financial guides out the window, and get ready to start living your richest life. Change the inner voice that tells you "they'll think you're dumb", or "I'm not good enough". Stop letting fear run your life. Fear of: judgment, rejection, laughter, awkward silence, feeling silly, saying the wrong thing, or making a bad impression. Is this always what you're fixated on? Control your thoughts, be respected and heard, and stop caring what others think. *Fearless Social Confidence* gives you more than victory over shyness – it gives you social invincibility and forever eliminates the feeling that you're just not good enough. This is a unique book that takes a deeper look into social confidence: what causes it, what drains it, and most importantly – what you can do about it. It recognizes how confidence is built, and takes you step by step through the various mindset changes and action items. You'll walk away knowing exactly what to do to help yourself. Learn to feel comfortable in any situation and ignore self-consciousness. Patrick King is an internationally bestselling author and social skills coach. His writing draws of a variety of sources, from scientific research, academic experience, coaching, and real life experience. He is also a former social recluse who has gotten from point A to point B, and intimately understands the struggle you are facing. Clinical psychologist and the US's leading social confidence authority Dr. Aziz Gazipura lends his thoughts in an insightful chapter on transformation. Speak and live freely without constant negative thoughts. •How to banish negative self-talk and other toxic habits. •The art of self-acceptance and correcting skewed thoughts. •A detailed plan on exactly what to do and how to start your change. •Core techniques used in therapy and psychology to overcome fear. •Understand the relationship between confidence, action, and thoughts. Take your shields down and allow people to see the real you.

'My favourite book' Tinchy Stryder BA Business Life Book of the Month The ultimate hustle is to move freely between the street and corporate worlds, to find your flow and never stay locked in the same position. This is a manifesto for how to operate in the twenty-first century, where everything has been turned on its head. Building on the runaway success of Robert Greene's *The 48 Laws of Power* (almost five million copies sold), the 'modern Machiavelli' teams up with rapper 50 Cent to show how the power game of success can be played to your advantage. Drawing on the lore of gangsters, hustlers, and hip-hop artists, as well as 50

Cent's business and artistic dealings, the authors present the 'Laws of 50', revealing how to become a master strategist and supreme realist. Success comes from seeking an advantage in each and every encounter, and The 50th Law offers indispensable advice on how to win in business - and in life.

What would you do if you weren't afraid? Imagine waking up every day knowing the world is literally at your perfectly manicured fingertips? Imagine living in a reality dripping with glittering opportunity and lush experiences at every turn? Imagine having the intuition to know how to handle every situation with total grace and discernment? I'm going to let you in on a secret: that life exists right at the edge of your comfort zone. And it's available to you once you learn to become fearless. Fear can be responsible for changing your life - for better or for worse. If fear persists, you run the risk of missing out on some of the greatest experiences life has to offer. If you can overcome your fears, you open yourself up to a world beyond your wildest imagination. A fearless and fabulous woman is someone who recognizes her desires, has the confidence to chase her dreams, and believes that everything is possible. She does not believe in the word "failure." She redefines it. To the fearless and fabulous woman, a "failure" is just a signal that she needs to change her course and try a new way of doing something. She thinks positively, takes consistent action toward her goals, and never gives up. This book will help you cultivate the qualities that every fearless and fabulous woman possesses. It will arm you with ten powerful strategies that will help you overcome your fears and live the extraordinary life you're meant to live. It will encourage you to challenge old ways of thinking and kick the status quo to the curb (in your most gorgeous pair of Jimmy Choos, of course!) So put your worries aside and dust off those dreams, sister. You are about to become fearless and fabulous!

Do you freeze up and avoid people because it feels like they are judging and rejecting you? Is being self-conscious preventing you from living your life? The power of social confidence: it lets you see a world of possibility and potential versus a world of stressful anxiety and constant fear of failure. Fearless Social Confidence gives you more than victory over shyness - it gives you social invincibility and forever eliminates the feeling that you're just not good enough. Feel comfortable anywhere and with anyone. Fearless Social Confidence is a unique book that takes a deeper look into social confidence: what causes it, what drains it, and most importantly - what you can do about it in any situation. It recognizes how confidence is built, and takes you step by step through the how-tos. You'll walk away knowing exactly what to do to help yourself, this isn't a book of endless analyses that help no one. Never say "What if they think I'm stupid?" again. Social confidence is the number one step to any sort of self-improvement. Why listen to me? I'm a Social Skills and Conversation Coach and program designer and I've sold over 200,000 books on the matter! Clinical psychologist and the US's leading social confidence authority Dr. Aziz Gazipura lends his thoughts in an insightful foreword. How will you learn to live and speak freely? - The key to being confidently assertive. - How skills relate to always feeling confident. - How to banish negative self-talk and other toxic habits. - Getting ready and warm for any social situation. And these ways to get rid of despair and hopelessness: - The art of self-acceptance. - How social anxiety relates to social confidence. - How introverts can confidently thrive. - The astonishing ripple effect of social confidence. Allow people to see the real you. Social confidence gives you the power to make your world what you want. It allows you to seize the relationships that you've always wanted, and felt that were out of reach. Escape your comfort zone and meet who you want, always know what to say, and be respected and heard. Shed your insecurities and learn how to take control of your thoughts. True change is possible and it starts today with small steps. To conquer your fears and reject rejection, click the BUY NOW button at the top right of this page!

Conquer the most essential adaptation to the knowledge economy The Fearless Organization: Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth offers practical guidance for teams and organizations who are serious about success in the modern economy. With so much riding on innovation, creativity, and spark, it is essential to attract and retain quality talent—but what good does this talent do if no one is able to speak their mind? The traditional culture of “fitting in” and “going along” spells doom in the knowledge economy. Success requires a continuous influx of new ideas, new challenges, and critical thought, and the interpersonal climate must not suppress, silence, ridicule or intimidate. Not every idea is good, and yes there are stupid questions, and yes dissent can slow things down, but talking through these things is an essential part of the creative process. People must be allowed to voice half-finished thoughts, ask questions from left field, and brainstorm out loud; it creates a culture in which a minor flub or momentary lapse is no big deal, and where actual mistakes are owned and corrected, and where the next left-field idea could be the next big thing. This book explores this culture of psychological safety, and provides a blueprint for bringing it to life. The road is sometimes bumpy, but succinct and informative scenario-based explanations provide a clear path forward to constant learning and healthy innovation. Explore the link between psychological safety and high performance Create a culture where it's “safe” to express ideas, ask questions, and admit mistakes Nurture the level of engagement and candor required in today's knowledge economy Follow a step-by-step framework for establishing psychological safety in your team or organization Shed the “yes-men” approach and step into real performance. Fertilize creativity, clarify goals, achieve accountability, redefine leadership, and much more. The Fearless Organization helps you bring about this most critical transformation.

If you want to (1) win people over, (2) negotiate and debate better, and (3) become an effective and engaging leader, Persuasion Tactics will be your seminal guide to coming out on top and ahead. "This book shows you proven and practical methods and techniques you can use to be a better persuader with every person you meet." Brian Tracy - Internationally renowned speaker and bestselling author of The Psychology of Selling, Maximum Achievement, and The Power of Charm. Master both direct and subconscious persuasion methods. Most books on persuasion promise “mind control hacks” – they are complete myth. Persuasion Tactics contains only scientifically proven methods from the world's top researchers, marketers, leaders, and negotiators. Learn how to completely change people's minds with undetected, invisible influence and mental maneuvers. Get your way without confrontation or feeling pushy. Persuasion is much more than simple arguing or negotiating – it's about making your presence and impact felt in every aspect of life. As a social skills and charisma coach and internationally bestselling author who has sold over a quarter of a million books, this is exactly how people get ahead in life and become charming, confident, and likable. It's how people get what they want and are able to attract it into their lives. Learn how to make your strongest point – every time. ? The subtle power of emotional debt. ? How to covertly plant an idea in someone's head without them realizing it. ? Specific phrases, words, and speaking techniques to persuade and influence. ? Classic psychological motivators. Become a highly effective people engineer. ? The anatomy of Adolf Hitler's rise of power. ? Psychological models of behavior and desires. ? Mental and linguistics tactics to change people's realities. ? Analyze communication styles to speak on people's level. Gain non-manipulative social influence and persuasive power. Persuasion gives you the power to shape your life and the relationships

around you. Nothing we want in life will ever be simply given to you – you have to seize it. Persuasion is the key to that. You will learn to simply get what you want, without appearing confrontational or turning people off. Persuasion skills will make your life exponentially easier as a result of understanding people and using universal mental triggers.

Even in a stadium bursting with 50,000 spectators, you tell yourself, "This is so great - this is my day for showing what I'm worth!" The book that will take you by the hand and show you how to play without hesitation! As a young football player, Eitan, searched for ways and methods to overcome the mental blocks he experienced, such as lack of confidence, fear of failure, performance anxiety, and differences between the ability he showed during games compared that he showed during practice. This led him on a personal journey, during which he studied almost every possible method used to fulfill potential. He made many mistakes, discovered what works and what does not. In the end, he packed all his knowledge into a practical, easy-to-read guide that enables every football player to show the same ability during games as they show so easily during practice. This book will teach you step-by-step how to develop the confidence needed by competitive football players who aspire to succeed in football and to fulfill their dreams. What will this book do for you? This book will show you how to easily overcome the fears, concerns and pressure that are preventing you from playing a relaxed game - and how you can show the true abilities that you have and that are waiting to come out. You will learn how to develop the character and personality of a fearless player! (...that player who performs special moves on the field that you too, can do well). You will learn how to become "that football player" who loves to receive the ball during the most critical minutes of the game! "That player" who believes themselves to be the best player at that moment to receive the ball and to have an impact on the game! After reading this book, you will be able to forget that you ever had fears or concerns such as:- The fear of making critical mistakes - The fear of ending your career because you missed something (and discovering that all your effort has been a waste of time) - The fear of being injured - The fear of failing during the last move - The fear of not being good enough - The fear of embarrassing yourself (and of making yourself look bad in front of everyone) - The fear of the coach replacing you if you make mistakes - The fear of losing the ball or of making a mistake when trying to score a goal - The fear of harsh criticism from your coach or your teammates - The fear of disappointing the people who are important to you - The fear of disappointing yourself... - The fear of missing a goal - The fear of your opponent getting behind you in 1 v 1 - The fear of being stuck on the bench for the entire season ...and another 10 common fears [that you may have without even being aware of them]. After reading this book, you will show the same abilities during games as you show during practice. You will enjoy the game and be relaxed and good with the ball. You will have full concentration. You will be focused. You will think faster while you're in motion. You will succeed in those moves that before, seemed complicated or hard to perform. Every game will leave you feeling good (even if you didn't play a perfect game). After this book you will not be able to wait for the game to start! Because you are already able to play with confidence. You are able to focus and remain sharp during the final move. You will become that player who does not need to prepare too much before a game to be good. You will simply come to the game and stick out!

If you lack social confidence, you're severely handicapping yourself from succeeding in every aspect of your life. You need to have good social skills to make friends, get dates and advance professionally. This book is written for men who are technically skilled but lack the ability to clearly and confidently communicate who they are. By the end of this book, you'll have a proven plan to eliminate your insecurities, social anxiety and shyness.

If you want to rapidly boost your self-esteem and tap into limitless confidence, then keep reading... Do you feel trapped by your low-esteem? Would you like to finally uncage your self-confidence? Are you worried that your current mindset is holding you back from being successful? The truth is, self-esteem issues are more common in men than you think. And if you've ever felt frustrated, angry or embarrassed by your lack of confidence, it's not your fault! But you do need to change the way you approach life. The solution is to transform your mindset. And that's exactly what you'll learn in "Self Esteem For Men". Here's what you'll learn:
3 Powerful Habits For Rapidly Building Self-Esteem
The Real Secret Of Unstoppable Self Confidence (That Nobody Has Told You Yet)
How To Avoid The Brutal Mistakes That Are Crushing Your Self-Worth
The 6 Strange Signs Of Self Doubt That Are Easy To Miss
What You Need To Do To Never Let Your Self-Esteem Plummet Again
How To Quickly Restore Your Self-Love (Even If You've Tried Everything)
Look: What would you try if you knew you couldn't fail? No matter how old you are, your current situation or where you are in life right now, it's never too late to develop your self-esteem. So even if you feel trapped, lost or hopeless, this book is for you... You deserve unwavering self-confidence. And all it takes is a breakthrough. You have the opportunity to transform your life right now, but only if you take action. So if you're ready to quickly boost your self-esteem and tap into your limitless potential, then scroll up and click the "buy now" button

From an early age, kids are taught to color inside the lines, and any color that strays outside the lines is considered to be a mistake that must be avoided. Perfectionism is a naturally limiting mindset. Imperfectionism, however, frees us to live outside the lines, where possibilities are infinite, mistakes are allowed, and self-judgment is minimal. The old way to approach perfectionism was to inspire people to "let go" of their need for perfection and hope they could do it. The new way is to show people how simple but highly strategic "mini actions" can empower them to gradually and effortlessly "let go" of perfectionism. This book applies the science of behavior modification directly to the roots of perfectionism, resulting in a new and superior method for change. Imperfectionists aren't so ironic as to have perfect lives: they're just happier, healthier, and more productive at doing what matters. Many urban educators live in fear: of their schools being labeled failures, of increasingly punitive sanctions, of loss of respect and livelihood. This fear pervades the entire school community, affecting the physical, mental, and emotional well-being of its members. The authors of this guide to transformation in urban schools are convinced that the key ingredient for school renewal is fearless leadership. Fearless leaders work in schools under-resourced and overburdened and serve disproportionately large numbers of children who live in poverty and face racism daily. They are ordinary educators committed to proving that demographics need not be destiny. This inspirational yet practical book will help you bridge the divide that separates urban students from their birthright of a high-quality education. You will learn how to * Adopt a leadership approach, consisting of affirmation, inspiration, and mediation (AIM), that will transform your school into a flourishing learning community. * Build a leadership team of important stakeholders--including students--that is committed to improvement. * Tap into the resources that already exist in your school and jettison institutional arrangements that prevent your school from becoming an enriching and creative community. * Create supports that enable teachers to nurture their students' potential to meet high standards and become self-actualized learners. Each chapter closes with reflections and activities that will help your leadership team produce its own roadmap for change. Succeeding in the tough landscape of urban schools requires more than just passion and a sense of urgency; it requires real skills. Aim High, Achieve More provides insights gleaned from real-world experiences that will enable you

to create a successful, vibrant learning environment.

You can be FEARLESS. Fearless helps you find the confidence to be your true self. With vibrant colour illustrations throughout, Fearless shows that by breaking free from labels and stereotypes, together we can build a generation who are healthy, happy and can truly realize their full potential. Fearless explores how stereotypes influence everything – from how you feel about your body, to your interests and career aspirations. Includes: interviews with and quotes from inspirational people who defy stereotypes, such as female politicians and male dancers games and activities to get you thinking outside the box. Written by Liam Hackett – founder of global anti-bullying charity, Ditch the Label.

SUCCESS doesn't just happen! Your success is dependent on you! It's time to make it happen! Reaching your goals requires an attitude of FEARLESSNESS, INSPIRATION to stay on course, and a mindset TRANSFORMATION as you travel through life's journey. Whether you are a busy professional, a server at a restaurant, an entrepreneur, or a stay-at-home mother, your ultimate success is dependent on your FITness! Now is the time to excel toward greater opportunities! Using inspiring stories, personal anecdotes, and engaging scenarios, F.I.T. for Success provides: Strategies to gain clarity around your vision Tools to cope effectively with change Steps to build strong relationships Solutions to move beyond barriers to achieve your purpose Guidance to transform obstacles into opportunities Encouragement to dream new dreams Your uniqueness is your POWER and the accelerant for your success! Now is the time to get FIT and excel! "You can achieve what you believe! Just keep going!" ~ Coach Adrean Do you feel overwhelmed by your thoughts? Are insecurity and fear of failure keeping you from the life that you want and deserve? Or do you frequently feel nervous or tense in social settings or during conversations? What If I told you that you could skyrocket your confidence and self esteem, banish negative thoughts, be more likeable, eliminate nerves, reduce stress and become fearless of anything that life throws at you? ... and best of all never experience those feelings of emptiness or failure ever again. In Fearless Confidence that's exactly what you'll get You will discover the exact formula behind how we re-create confidence from within yourself as well as what absolutely needs to be done to give your self-esteem a permanent boost; that until now has been so challenging to achieve. The strategies in this book are so simple, so easy to implement and so powerful... That it will probably sound so unbelievable when you first read about it. Are you ready to become your best version? Even in the next few weeks the results you will see are going to be indisputable. This proven formula will work no matter where you are in your life right now. You will experience less negative feelings such as fear, guilt, shame, discomfort, doubt, and procrastination - as well as enjoying greater consistently positive feelings such as happiness, playfulness, and victory while feeling love for others and being loved by them as well. What you get is powerful step-by-step information with daily exercises and actions that are easy to follow, pleasant to use and designed to give you maximum effectiveness in minimum time. Here is a sample of the powerful techniques you will learn to master How to replace any and all negative thoughts with new core beliefs that bring happiness Make friends wherever you go How to Face Your Fears and Conquer Them! How to transform yourself into a super confident person and make others find you attractive! How To Kick "The Worry Habit" Be irresistibly attractive and interesting to others How to Develop the Mental Certainty You Need to Communicate like a SOCIAL POWERHOUSE Intrigued? How about the following? Rid yourself of destructive anger How To Overcome Nervousness The exact techniques you can use to finally know what you want out of life! The Power of Right Thinking - This Section Alone Is Worth The Price of This Book! No more embarrassment, in its place an unstoppable self-confidence and self-esteem that you feel and others see. How to take back control of your health, energy and happiness allowing you to sleep like a baby at night And much, much more Fearless Confidence is full of exercises that will have an immediate, positive impact on your mindset. Instead of just telling you to do something, we provide practical, science-backed actions that can create real and lasting change. What are you waiting for? Times ticking! Take Charge of your LIFE today by making the smartest investment you could possibly make. An investment in yourself and your future. Don't hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page!

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