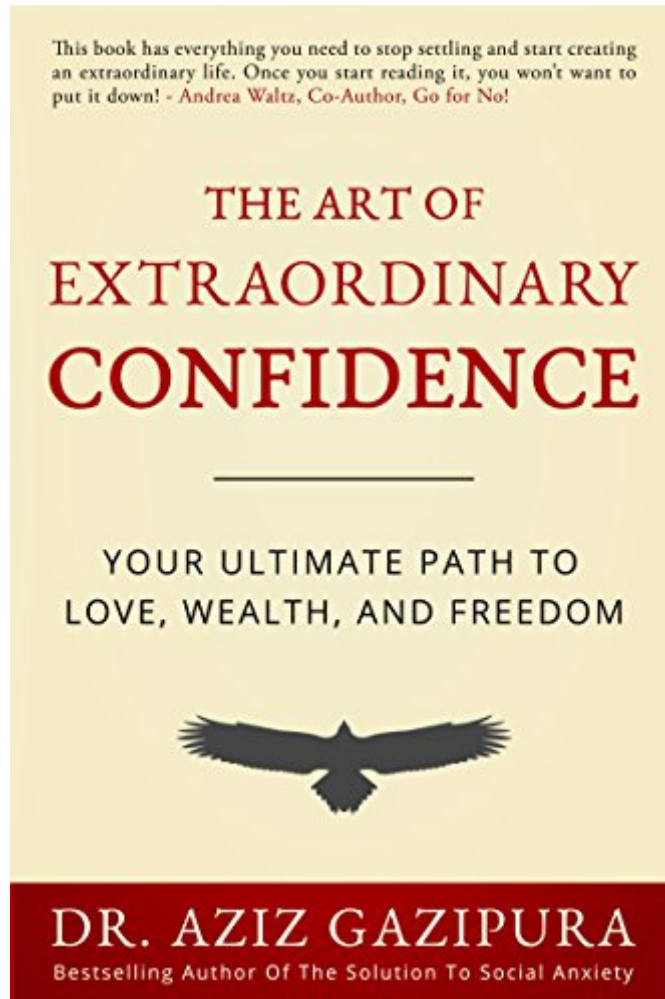


The book was found

The Art Of Extraordinary Confidence: Your Ultimate Path To Love, Wealth, And Freedom



Synopsis

Confidence is the doorway to success in all areas of life. Whether you want to excel in your career, triple your income, create an amazing relationship, or just feel happy and satisfied with who you are, self-confidence is essential. In this inspiring and liberating book, Dr. Aziz slices through each obstacle on the path towards ever-increasing confidence. Through stories, activities, humor, and the world's most powerful tools, you will discover how to: => Eliminate self-doubt and negative thinking. => Master five ways to overcome fear. => Discover how confidence leads to greater wealth and prosperity. => Boost your social power so you can confidently talk with anyone. => Enjoy more love in all your relationships. => Boldly ask for what you want, so you finally get what you really desire out of life.

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Customer Reviews

I was terrified... I mean seriously *terrified* to speak in front of people. When *imagining* getting up in front of a group of people, my heart would start pounding in my chest. My entire body would literally tremble. It would feel like I had something caught in my throat. And that was just from

imagining myself speaking in front of people. Well, every two weeks, the company I work for holds this company-wide meeting. People get up and talk about things like what they've been working on, results, etc. And for over three years I've avoided going up there. Are you kidding? Speak in front of the entire company? Um... No thank you. Not happening. Don't get me wrong. I **wanted** to get up there and speak. I had a lot that I wanted to say. And speaking to the company was important for my career. In fact, I really wanted to overcome my fear of public speaking because I knew that, if I could just get over this fear and develop the confidence to comfortably speak in front of audiences, I could take my career so much further. It would open up a whole new world of opportunity for me. I could speak at conferences, make a name for myself in the industry, etc. But I just didn't have the courage. I felt like if I even just spoke in front of a small group at work I would only manage to humiliate myself, end up hurting my career, and feel even worse about myself than I already did. So, I looked for help. Originally, I looked at The Shyness and Social Anxiety Workbook. I read it. But for some reason, it didn't really help me to work up the courage to put myself out there. Maybe because the book felt too cold and "clinical". Maybe because, as I would later discover, it failed to address some critical elements of my social anxiety.

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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: 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)
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)
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