



50 Things You Can Do Today to Boost Your Confidence

By Wendy Green

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, 50 Things You Can Do Today to Boost Your Confidence, Wendy Green, In this easy-to-follow book, Wendy Green explains the psychological and lifestyle factors which can affect your confidence, offering practical advice and a holistic approach to help you build your confidence levels, including simple lifestyle changes and DIY complementary therapies. Find out 50 things you can do to boost your confidence today including: - Find balance through aromatherapy and homeopathy - Use positive affirmations - Choose beneficial foods and supplements - Find helpful organisations and products.



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