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## The Confidence and Self-Esteem Booster Shot: How to Build Self-Confidence and Cure Low Self-Esteem for Children, Teens and Adults. (Paperback)

By Samantha Claire

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Who Else Wants A Confidence and Self-Esteem Booster Shot? Self esteem troubles and confidence troubles? it sucks doesnt it? What if I were to tell you that there is an easy fix? That you will be able to look beyond the negative opinions of others and create a better self image? You ll be able to get to know yourself better, bring out your strengths, focus on them, and through your mindsets and actions, raise up your self-esteem and self confidence in a natural and consistent way. This is designed to be practical and useful to children, teens and even adults alike. This is not merely changing your mindsets through artificial means i.e. hypnosis, nlp techniques. This is how normal people build up their self esteem and self confidence through competence, experiences, self-worth and successes. This is a book on building character by which, a good dose of self confidence and a healthy self-esteem are the by-products. Aside from practical advice, exercises will also be provided in this book. This course isn t meant to make you just feel good and learn--it..



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