



Creative Confidence: Weekly Journal: Track Your Progress (Paperback)

By Alan Kensington

Speedy Publishing LLC, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.To monitor your progress about your self-confidence level and what the benefits are on a daily and weekly basis, you must get this copy of the Weekly Journal. Being insecure about your appearance is no joke; it can greatly influence your self-esteem in a negative fashion. If you are unhappy with the skin you are in, you live under a cloud of self-doubt. This journal serves as a guide that uses simple and straightforward ways to improve your self-esteem. With pure determination and positive attitude, you should be able to guide yourself on the right path to success on how to boost your confidence and raise your self-esteem in no time.



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