

"*100 Ways to Boost Your Self-Confidence* is packed with practical wisdom that is easy to apply. Dr. Goldsmith shows you how to believe in yourself and how to become the kind of person whom others are drawn to believe in."

—Marci Shimoff, *New York Times* best-selling author of *Happy for No Reason*

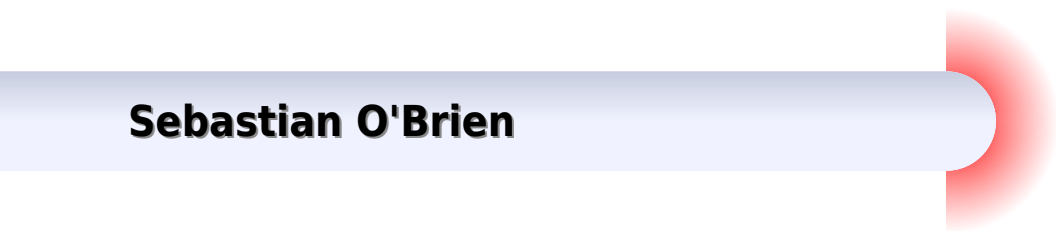
100 Ways to *Boost* Your Self-Confidence

Believe in *Yourself*
and *Others* Will Too

BARTON GOLDSMITH, PhD
Author of *Emotional Fitness at Work*

100 Ways To Boost Your Self Confidence Believe In Yourself And Others Will Too Barton Goldsmith

Sebastian O'Brien



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100 Ways to Boost Your Self-Confidence Barton Goldsmith,2025-09-12 When you don't believe in yourself everything is more difficult 100 Ways to Boost Your Self Confidence will literally help you change your life by changing the way you feel about yourself Not only will you have faith in who you really are but the people you love and work with will believe in you as well 100 Ways to Boost Your Self Confidence will show you how to Discover the essence of your personal power and belief in yourself Create the life you want with practical feel good behaviors Reduce your doubts increase your self worth and make your world a better place Improve the quality of your relationships by changing the way you think about yourself and how others think about you Become your best self by employing these easy to use techniques **100 Ways to Boost Your Self-Confidence** ,2017 *100 Ways to Overcome Shyness* Barton Goldsmith,Marlena Hunter,2015-08-17 100 Ways to Overcome Shyness is a powerful collection of useful information case studies and exercises on how to manage your shyness so you can communicate with people you don't know very well or at all in a wide range of personal and professional settings and circumstances Easy to use conversation starters are interspersed with lists and exercises throughout the book There are also chapters on getting out of awkward conversations graciously plus valuable tips and insights for those with social anxiety or on the Autism spectrum on how to deal with their particular type of shyness Each chapter also contains talking points to give you springboards for discussion 100 Ways to Overcome Shyness will show you how to Feel more comfortable at parties meetings and group gatherings Navigate your way through awkward situations Deal positively with the fear of rejection Communicate more effectively at work and in your daily life Handle arguments and other emotional situations Deal effectively with difficult people If you feel your shyness has held you back and prevented you from living a full life 100 Ways to Overcome Shyness will give you the tools you need to change your life once and for all *The Steady Way to Greatness* Melanie Barnum,2014-01-01 Use intuition and psychic development to master the law of attraction and manifest the life you truly desire The Steady Way to Greatness is filled with new and groundbreaking techniques for achieving success in love work finances relationships and spirituality Organized into a progression of fifty two weekly practices intuitive counselor Melanie Barnum guides you with affirmations and simple exercises designed to help you Build confidence Explore positive and negative attitudes Open yourself to the intuitive senses Work with your strengths and weaknesses Discover the power of goal setting Uncover the magnificence that lives within Create and live your dream life Providing the perfect blend of encouragement wisdom instructions and stories The Steady Way to Greatness is an ideal companion as you journey toward your true potential Praise Melanie Barnum has put into words what we all know to be true that we have the power to manifest brilliance achieve greatness and fulfill our every heart's desire Elizabeth Harper author of Wishing How to Fulfill Your Heart's Desires This book makes greatness accessible to anyone and everyone Tammy Nelson PhD author of What's Eating You **The Self-Esteem Regime** Clarissa Burt,2021-11-11 Empowers women of all ages and backgrounds to

improve their self esteem for a lifetime of awareness poise and confidence Despite years of progress many women today continue to suffer from low self esteem In her revelatory and prescriptive work THE SELF ESTEEM REGIME An Action Plan for Becoming the Confident Person You Were Meant to Be internationally renowned multimedia producer supermodel award winning actress and public speaker Clarissa Burt offers down to earth advice for women to help them manifest self confidence in all aspects of their lives relationships family friendships careers and everyday engagement The book helps readers find worthiness through a concrete step by step program for women of all ages and backgrounds Sharing her unique mix of knowledge attitude and humor Clarissa walks readers through her unique process that instills a lifetime of self awareness poise and assurance Clarissa empowers readers to accept mistakes as valuable learning experiences and steppingstones Her regime which features a wealth of tips case studies and affirmations is neither complicated nor demanding although it builds mental strength toughness and resilience qualities necessary for higher self esteem and overall wellness

Barton Goldsmith,2025-04-30 Barton Goldsmith CNN Good Morning America Fox Friends CBS

Ridefinisci la tua Autostima Clarissa Burt,Gary M. Krebs,2022-11-11 Il 22 ottobre 2022 il libro Ridefinisci la tua autostima nella sua versione originale americana stato premiato nella categoria NONFICTION MOTIVAZIONE E SELFHELP rilasciato da THE BOOKFEST di Los Angeles In questo libro rivelatore Clarissa Burt top model attrice pluripremiata e oratrice di fama internazionale offre consigli concreti alle donne per aiutarle ad esprimere la fiducia in loro stesse in ogni aspetto della loro vita relazioni famiglia amicizie carriere e impegno quotidiano Condividendo il suo mix unico di conoscenza attitudine e umorismo Clarissa guida le lettrici attraverso un programma graduale per donne di ogni et e provenienza La ridefinizione proposta dalla Burt ricca di suggerimenti studi di casi e dichiarazioni non n complicata n impegnativa sebbene crei forza mentale tenacia e resilienza qualit necessarie per una maggiore autostima e benessere generale

Unlimited Self Belief Kirsty Van Jensen,2018-11-12 Have you ever felt like you want the ground to swallow you up and you d do anything to not draw attention to yourself You re not alone I spent most of my life feeling like as hard as I tried I just wasn t enough and to say I was shy was an understatement I found my confidence and I want you to find yours too These tips will help you start your journey to unlimited self belief

Confidence is Essential to Influence People Bob Parket,2019-11-23 Looking for ways to boost your self confidence and strengthen your mentality The belief that one can meet the challenge of life and succeed and act in a way that conveys that belief can be characterized as a faith in oneself Faith requires a realistic sense of skill and a sense of confidence in this knowledge A realistic assessment of one s ability allows one to strike a healthy balance between too much and too little trust There can be too much confidence as cockiness and pride Overestimating one s skills can lead to problems such as not having projects completed on time Too little confidence may stop people from taking chances and taking advantage of opportunities in college at work or in social life It only helps people build confidence by creating a strong first impression coping with stress and resolving personal and professional

challenges Interpersonally it is also appealing because building trust helps to encourage others A practical assessment is the best way to ensure a positive sense of trust Confidence firmly focused on the known cannot be just a better guide than over confidence studies suggest that it is more likely to gain others trust The book Confidence is essential for influencing people provides realistic usable methods to achieve your best and see results in the real world In this book we will learn How confidence boost your chances of success How confidence helps you go through tough situations Qualities of a confident people How confident people influence others In this book you ll also learn the qualities of confident people and how their behavior and character influences others Get your copy now and learn to do something to achieve greatness in your life

100 Ways To Boost Self-Confidence A J Bloom,2023-01-20 Do you catch yourself having negative thoughts and a bad outlook on life from time to time By reading this book you ll find 100 effective and easy ways to improve your mindset and help boost your confidence You ll find tips to help you develop the self love and motivation you need to better your life Whether you want to feel better about yourself improve relationships or reach a goal this book is filled with the tools you need to get there **How to Be Confident 101: a Fast Paced Book and Guide to Help You Build Confidence** Jonathan Wheeler,Jessica Wheeler,2013-10-03 Are you as confident as you want to be Be Honest If you re not then this is the fastest most direct book to help you get there Everyone wants to be Confident Successful Envied And there s nothing wrong with that How To Be Confident 101 is a very direct step by step book that was written in a way that it can be applied directly to the readers life right away No fluff personal stories or wasted time reading This is for people who are serious about improving their confidence and understanding confidence in a very deep way Using techniques that have been developed over 100 s of years and short comical writing Jonathan and Jessica Wheeler will show you that the path to true core confidence is simple But it s not always easy With a heavy focus on simplicity and time effective tips you will see improvements immediately in confidence self image self esteem and performance So what will YOU get out of this book By the end of these 60 pages you will Understand and Know EXACTLY how to use tactics and tricks to improve your confidence levels as quickly as the day your read this book Learn the techniques that have been around for literally 100 s of years They ve been around for this long for one reason They work Gain a greater understanding of confidence both in yourself and just as important in others as well This can really illuminate the conversations and interactions you have in your everyday life Recognize where you are right now in your confidence levels so you can assess where you need to improve This is way more important than people think Know exactly how to start the habits and small practices that will make this increase in confidence be permanent which is the main goal here Believe in yourself and there will come a day when others will have no choice but to believe with you Cynthia Kersey Self-Confidence for Success Cornel Manu,2018-03-21 How much would you achieve in life if you would have unshakable self confidence in your own powers You would be unstoppable and you will be able to build exactly the life that makes you happy and fulfilled That s the purpose of this book to help you tap into your inner

potential with the key ingredient of self confidence Believing in yourself is a practice and something that you can train to grow It doesn't matter how you felt in the past or how others feel about you you can become the powerful confident person that you want to be No obstacles will look too big for you again and no dreams too hard to achieve You will be confident to follow your own destiny and be the person you are meant to be without being dependant on something that is outside of you And all of this while you are happier and more loving with those around you I had troubles in my past with my self confidence and I know how important it is for human growth and achievement In fact it's essential Without believing in ourselves we cannot achieve great things and we are an easy prey of fears Self Confidence For Success is a great tool and guide for anyone that wants to become confident in their own strengths and therefore become the person they are destined to be

Unlimited Self Confidence George M Bender, 2019-08-18 Buy the Paperback version of this book and get the Kindle eBook version included for FREE Do you see yourself in any of these low self confidence behaviors Using weak body language Such as crossing your arms not smiling looking down and not making eye contact Hesitating to speak up in groups Whether in a meeting social setting or a public speaking situation Avoiding interaction with anyone new Being unable to initiate new connections or approach someone you want to meet Weak verbal communication Speaking with a low voice ending sentences with questions or sounding really nervous Fear of trying new things or taking on challenges Difficulty taking actions that stretch your comfort zone or feel even slightly uncomfortable even if you know they will improve your life Hesitating to ask for what you want or need Inability to confidently express your desires because you don't feel worthy Resistance to letting go of past failures and mistakes Dwelling in negative thinking and embarrassment of what happened long ago Not trusting your own judgment Feeling your ability to solve problems make decisions initiate ideas or take assertive action is compromised or not as sound as your peers Indecisiveness Not trusting your own judgment enough to even begin to know what you want Letting others make your decisions for you Letting the opinions of others dictate your reality Fantasizing about not being successful enough Feeling intimidated around people perceived as being more successful or accomplished than you Feelings of jealousy or resentment towards successful people Projecting your insecurities and longings into negative feelings and behaviors towards others Expressing no motivation to take action Feeling depressed or defeated and seeing action as useless or too difficult Purposeful self sabotage Creating a situation that makes it impossible to succeed so you'll have an excuse for failing or to justify why others should feel sorry for you Needing constant external validation Not just in personal relationships but from bosses co workers teachers clients and peers Fear of rejection Constantly worried that others will purposely shun you or hurt you Extreme self consciousness about how other people perceive you Feeling painfully shy and uncomfortable about your intelligence and your appearance Highly focused on physical appearance and physical flaws Constant need to check your appearance compare yourself to others or obsess about parts of your face or body at the detriment to everything else Establishing no personal boundaries with others Allowing

others to take advantage of you simply because you don't have the confidence to say no. Being overly accommodating or people pleasing. Completely ignoring your own values, needs, or desires to win affection and approval. If Yes, this book is for YOU. Scroll up and click the Buy Now button to start acting and feeling more like yourself again.

Confidence James Sullivan, 2020-07-22. Finally Be Confident and Own It. This book contains proven steps and strategies on how to improve your level of self-confidence and self-esteem. It contains helpful tips and advice that you should follow if you want to be a happier person. This book also contains examples that you can relate to in your everyday life. Moreover, reading this book will help you overcome your fears and deal with adversities that hinder you from achieving growth. Your self-confidence refers to the faith or trust that you have towards your skills, knowledge, and abilities. Your self-esteem, on the other hand, is your opinion about yourself. They both affect the way you think and act and the way you feel about other people. They also determine whether or not you will be successful in the future. You have to take note that having self-confidence is not equivalent to your ability to do everything. People who possess a healthy level of confidence have realistic expectations. They know that they are not perfect and they are fine with it. Even if they don't meet all their expectations, they still stay optimistic. Confidence is important in life. It empowers you and encourages you to go on even when things seem bleak. If you are confident, you have a greater chance of getting what you want. Confidence helps you become more persuasive and convincing. It attracts other people towards you. It increases your chances of landing a great job, receiving awards, and being on top of your class. Here are some of the great stuff you will learn: The reasons why we lack confidence. How to easily eliminate blocks to self-confidence. How to listen more to your inner confident self and less to the inner critic. Develop thought awareness. Importance of looks. Qualities you have to develop. How to destroy negativity and much, much more. Download your copy today. How long more will you let others take advantage of your shy self and step on you? BE YOUR CONFIDENT SELF AT ONCE by Taking action today and downloading this book.

Self-Confidence: 18 Powerful Ways to Improve Your Confidence, Increase Self Esteem and Get the Results You Want Being Authentic, Bold and Courageous Dennis Bak, 2018-10-26. Afraid that if you go after what you desire in life, you will fail? Do you usually get affected by what others' opinion is? Or do you believe that things are just not going to work out for you? The truth is every successful person has been once afraid of going after his/her dreams because of the thought that he might fail or because what others might have to say. Of course, there will always be people that constantly remind you why you can't do something. The solution is to use a few methods that will make you confident in your own power and once you believe in yourself, nothing is going to stop you from achieving your deepest desires. The voices of others will become just whispers in the wind. You will start doing things your own way with the belief that you are going to win. Have you ever wondered how it feels like to approach any situation with a smile on your face, knowing without a single doubt that you are going to win? Have you ever imagined how it feels to have a James Bond or Wonder Woman attitude? This is totally possible. You just have to improve your confidence and with that, the whole approach of any situation you face in life will be changed.

No matter how bad or difficult it might be your mind will be set on the I am going to WIN belief DOWNLOAD Self Confidence 18 Powerful Ways to improve Confidence Increase Self Esteem and get the results you want being authentic bold and courageous The Goal of this book is simple I will teach you 18 methods to build your confidence and to approach any situation in life with a smile on your face knowing that you are going to win You will learn The benefits confidence will bring to your life The internal process of creating your own reality What is killing your confidence How to approach any situation with a smile on your face The one method that is the bridge between your mind and reality 9 Questions that will help you find your true desires in life How failure influences your confidence in a positive way How to be a Winner This book is full of methods and exercises that will have an immediate positive impact on your mindset Also you have my contact details in the book and I will be there for you in case you have any question or need any guidance Would You Like To Know More Download now and build an unbreakable confidence Scroll to the top of the page and select thebuy now button **Confidence: Hack the Secret of Successful People** Dawn Lewis,2017-04-02 To be a Champ you Have to Believe in Yourself when No one Else Will Sugar Ray Robinson Today only get this book for just 8 99 Regular price 12 99 What do you want out of life Advance your Career Follow your Heart Follow your Heart Overcome Failure and Setback Build Willpower and Motivation Attract Others Be Respected and Admired by Others Overcome Shyness and Introversion Master Interviews and Public Speaking What is confidence worth to you Would you like to earn more money to boost your net worth pay off debts be able to travel to follow your passion or to be more attractive to others Do you want to get fitter slimmer and healthier Maybe you are looking to have more success in your family life or personal relationships How can we build the confidence and self belief we need to reach our goals Confidence is one of the most dominant traits of successful people Where does the confidence to persevere no matter what come from Spread the good news Psychologists now understand human neuro science and neuro architecture in a way that we never have Modern science has uncovered critical underlying mechanisms of self discipline that allow us to understand what it is and how we can get more of it for less effort It is now possible to hack the secrets of extremely successful people and use them for ourselves Confidence is a core factor at the root of human happiness because with confidence we feel in control our lives both in the present and in the future It is an empowering feeling that unfortunately many people miss out on in their lives We all have an incredibly powerful capacity for confidence in both our inner selves and to the world at large When we develop this ability to cultivate real confidence we thrive both internally and externally Here Is A Preview Of What You ll Learn Introduction to Self Confidence Why is Developing Self Confidence so Necessary Positive Visualisation vs Self Fulfilling Prophecies li Self Esteem Self Confidence Self Efficacy and Success Small Changes Spectacular Achievements Instant Quick Fix Confidence Emergency Strategies And Much Much More Download your copy today Take action today and get this book for a limited time discount of only 8 99 [How to Build Self-Esteem and Be Confident](#) Maddy Malhotra,2013-08-20 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 **The Confidence Booster**
Michelle Winfrey,2020-02-12 One of the things that held me back from pursuing my dreams for many years was fear of failure and the lack of self confidence that I needed to overcome that fear While some people seem to naturally have it many of us only dream of becoming confident one day Confidence can be developed and reading a good set of confidence quotes can teach you in an instant something that others have learned in a lifetime In this book I have personally hand picked these quotes about self confidence These quotes helped me get rid of my fear and low self esteem and mold myself into a self confident individual I hope they will be of use to you and inspire you to build your Confidence tags confidence code for girlsconfidence codeconfidence booksconfidence books for girlsconfidence at workconfidence and power in dealing with peoplecalculate with confidence 7th editioncreative confidenceconfidence books for kidsconfidence books for boysconfidence building books for kidsconfidence code for womenconfidence w confidenceconfidence dvdconfidence effectconfidence for boysconfidence for womenconfidence for kidsconfidence finding it and living itconfidence girlsconfidence game christine richardconfidence games mark taylorconfidence hacksconfidence how to succeed at being yourselfconfidence how winning streaks and losing streaks begin and endconfidence in christ mike bradfieldconfidence in godconfidence isconfidence in the workplacei can build confidenceconfidence journalconfidence journal for girlsconfidence journal for kidsconfidence key necklaceconfidence lostconfidence lost confidence foundconfidence man melvilleconfidence menconfidence men ron suskindconfidence men and painted womenconfidence man nortonconfidence nlpconfidence of a mediocre white manconfidence pet plastic dog kennel outdoor houseconfidence quotes wall decorconfidence rosabeth moss kanterconfidence sanctus realconfidence teenscreative confidence unleashing the creative potential within us allconfidence vibrarating machineconfidence winning streaksconfidence workbookconfidence womenconfidence workbook for teensconfidence workplaceenough silencing the lies that steal your confidencebuilding confidence in your childa little spot of confidence a story about believing in yourselfpattern fitting with confidence by nancy zieman100 ways to boost self confidencecalculate with confidence 7th 18coding with confidence 2020 charles blairfearless confidence with essential oils in 2 hoursin strict confidence vol 2in strict confidence vol 35 weeks to self confidencecalculate with confidence 5th editioncalculate with confidence 6th editioncalculate with confidence 6thdecibella and her 6 inch voice communicate with confidencecalculate with confidence 8th editioncalculate with confidence 9780323396837calculate with confidence 7th ed 9780323396837

Pure Confidence Amy Elizabeth,2019-05-14 Self confidence is ultimately the starting point to following your dreams you have to believe in yourself and your dreams enough to pursue them Confidence is such a big element in our lives it s complex but it starts from within If you are not comfortable within then you stop the possibilities Confidence enables you to act on opportunities rise to new challenges take control of difficult situations and accept responsibility if things don t go according to plan No matter who you are or what challenges you are facing you can empower yourself to become the person you want

to be and live the life you want to live Armed with the insights techniques and self reflective tasks brought to you in Pure Confidence you will learn how to unlock your full potential and kick start a journey to a life of greater happiness purpose and meaning Pure Confidence will help you tap into the confidence you were born with believe in your potential and your capabilities develop greater self awareness so you can reshape your attitudes and behaviours make lifelong shifts to feeling more positive and confident in all areas of your life and focus on actively living a more enriched life overflowing with courage and confidence Whatever area of your life you re working on Pure Confidence will support you as you look at what you can improve and spark the awareness to know what needs to be done so that you can start living life with more energy enthusiasm and pure confidence

Self-Confidence Training Sebastian O'Brien, 2020-05-14

Has low self confidence ever held you back Have you experienced setbacks that have damaged your self belief You are not alone Here s some good news you can dramatically improve your self confidence all on your own and if you keep reading you will discover how Self confidence is fundamental to every aspect of life yet so many people struggle to find it It s crucial for success either in your relationships at work or just to be a happier and less fearful person You too can be self confident like the charismatically carefree characters you know and most admire Anyone can The secret You need to focus on yourself To embark on a journey of self discovery for a deeper understanding of what you can improve and change about how you view yourself how your past has impacted your present self belief how you interact with others and all the day to day challenges that you will face throughout both your social and professional life If you feel you haven t reached your goals or achieved your full potential just yet it may be possible that you simply haven t found a suitable mentor Everyone is different and so everyone needs a different starting point time scale and learning style But I am aptly confident that my concepts and training steps detailed in this book will be able to bring out the best in you personally all while boosting your willpower motivation and strengthening your sense of self and purpose How do I know Because I have worked with every personality type out there We are all wonderfully different sure but deep down we all are the same in the way that counts And so we all react the same way to the right input In this book you will discover Heaps of both immediate and long term strategies for developing your self confidence How to vanquish the demons of self doubt and face your fears for living your best life with confidence How to shift to a growth mindset to get the life you want and feel satisfied How to successfully step out of your comfort zone and start to take action without worry Practical accessible strategies to get real world results in relationships work and health How to overcome negative thoughts and turn your failures into successes How to foster your self confidence thanks to the Interactive exercises that include reflections checklists and quizzes and much more This training on self confidence will provide you the fundamental notions for GETTING YOURSELF ON THE DRIVER SEAT OF YOUR LIFE and will make you look at worrying facts such as fears and bad habit loop with new eyes And thanks to the worksheets at the end of each chapter you will have the opportunity to apply these lessons to your own life and situation putting them into practice in order to become your own

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