



## The Confidence To Be Yourself: How to boost your self-esteem (Paperback)

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By Brian Roet

Little, Brown Book Group, United Kingdom, 2013. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Do you brim with confidence and live your life to the full? Or are there areas of your life where you are less secure and would benefit from increased confidence and assertiveness? We all need confidence to fulfil our potential. It is a quality that marks out those who enjoy life, their work and relationships. In this invaluable handbook, Dr Roet uses practical techniques and case histories to help you boost your confidence levels. Use this inspiring guide to change you life forever.



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