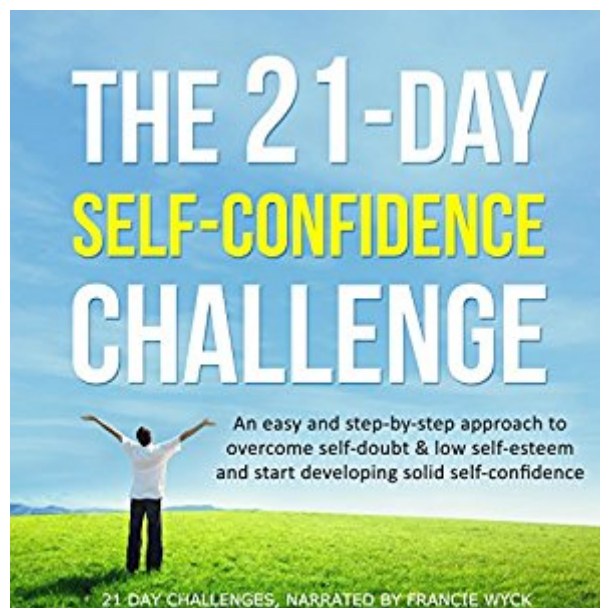


The book was found

The 21-Day Self-Confidence Challenge: An Easy And Step-by-Step Approach To Overcome Self-Doubt & Low Self-Esteem



Synopsis

Are you tired of self-doubt, self-criticism, and holding back? Do you often feel like you're not good enough? Are you ready to change your life and reclaim your self-confidence? Let's start with a thought experiment. Take a moment to imagine yourself, only a supremely confident version. If you have a ridiculous imagination like I do, you might like to really run with this and have fun. If you had zero body hang ups, no doubts about your value as an employee, no worries about your innate lovability, and no second guesses as to how good your karaoke really was and whether people have just been lying to you this whole time...what would things look like? Think of how you'd be at work, at home, with those you love and those you don't. Think of all the things you'd do differently. Imagine yourself saying and thinking all those things, now, in detail. Now, this is the important thing: You can feel this way right now. Yup. You can feel brave and confident and full of a sense of your own self-esteem right now, just as you are. What's your reaction to that? If you're like most people, it's something along the lines of "psssh, yeah right!" While everyone can agree that it's great to have self-confidence, we generally imagine it's only reserved for those special people who've earned it and that we'll get there someday. But why not right now? The 21-Day Self-Confidence Challenge will help you to: Become the best version of yourself Stop being so dependent on what others might think Gently push yourself outside your comfort zone and realize that that's indeed where the magic happens! Increase social confidence and approach new people Reach your goals and dare to dream big Speak and express yourself in public Deal with your fear of rejection And much more!

Book Information

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Customer Reviews

Self confidence is said to be more than being beautiful. Self confidence is what we want our children to achieve in their lives, because self confidence means success. This 21-day self confidence challenge is nothing but the best strategies to gain self confidence. I believe if everybody will follow this guide or just read it thoroughly with determination in mind, it will result in gaining more self confidence. It is great that we have to go out of our comfort zone once in a while so that we will know how brave we are to face the challenges outside our comfort zone. It is also amazing to be familiar with the gift of vulnerability. This is book gives me inspiration. I will recommend it to my loved ones so that they will also know how helpful it may be to everyone's lives.

Self-confidence isn't my greatest strength. I've struggled with this ever since high school. I wanted to make a change so I started doing some research. I ran across this book on Amazon and decided to download it. It is full of valuable information on how to be and appear more confident. I am excited to give some of this advice a try and see how things go. I already feel more confident just after reading it.

No matter who you are or what your status in life may be, at some point in your life, you'll feel less confident about yourself and it affects your mood and your day entirely. I'm on Day 3 of this challenge and so far it's been really helpful. I've read the entire book before following this challenge and it sounds effective and I won't lose anything from following it so I thought why not. I like the author's approach on this book. It's very warm and friendly. We'll see how this challenge change my perspective with myself. So far so good.

This is the second book I've read in Ingrid's 21 Day Challenges series and it does not disappoint. Once again, the author has put together a great resource for anyone seeking change in their life, change for the better, that is. Easy to read and simple to put into action, these challenges will help you bring balance to your daily activities as well as confidence to your interactions with others.

The 21-Day Self-Confidence Challenge is a very helpful and motivating book on self confidence. I'm sure that anyone reading this will get some good points here and there. I, myself, have learned a lot and I will be teaching this to my students. Some of them really need this. Imagine getting back that self-confidence, or developing it more, in just 21 days? This is something everyone will benefit from.

I love this book. I am fond of reading self-help books such as this one. All of us at some point

experience our lack of confidence. We have so much insecurities and reservations so we prefer not to take risk and just sit in our comfort zone. This book is so on point. The author has written some really good and practical points on how to build your confidence. The author has brilliantly showed us how to become comfortable and confident on your own skin. I love that the book has so many exercises to boost your confidence. It's an enjoyable read.

My self-confidence is average and I want to improve it more. With this goal in mind, I have read several books discussing self-confidence. I have gathered tons of reviews already, but such number is overwhelming so to speak. I am unsure on how I can properly apply them and now I feel that I just hoarded tips and not really apply them on myself. When I saw this book, I was happy since it is a structured challenge that I can do so I can apply the tips I gathered as well as train myself to be confident in a matter of 21 days. The book is quite nice since it guides you from Day 1 to Day 21 so you can start your journey towards boosting your self-confidence. Each day is briefly explained and some practice exercises are also provided. Some days are more of tips and such. I would try this challenge as soon as I can.

Self confidence is a state of mind, it comes from within. Without self confidence your life is dull, you can't achieve your goals without self confidence. So self confidence is very important and this book helps you in developing solid self confidence in just 21 days. The instruction given in this book are really very helpful and important. If you apply these into your day to day life you will surely be able to develop self confidence within yourself.

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