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and exercises to improve your confidence and much more Become much more confident now **Instant Confidence** The INSTANT-Series,2014-10-03 The Instant Series Presents Instant Confidence How to Be Confidence Instantly Are you somebody who simply lacks confidence and have no self esteem always worrying about what other people think of you or how you re coming across to others Confidence is the power to getting anything and accomplishing everything you want Without it you will find yourself in a lonely dark depressive place that hinders you in life and whatever you do will be much more difficult than it should You ll always question and doubt yourself feel vulnerable as a victim be uncomfortable around other people fail to stand up for yourself or take initialize to go after what you want whether job opportunities or that person you want to talk to Making great connections who can help you professionally real good friends who will support you no matter what or the love of your life who you want to spend the rest of your life with all because you are not confident to initiate the conversation but instead freeze or act weird having them reject you causing you not to be outgoing Yet people always say all you have to do is stop being shy and believe yourself but as you probably should know it is not easy as it sounds Do you want to know how you can be more confident now and not talking about the same old fake it til you make it but actual real long lasting permanent confidence fast Within Instant Confidence What little simple things you can do right now to become more confident with yourself and stop being self conscious about anything and everything What exactly is confidence and what it s made up of There are a lot my myths out there now the myths demystified so you know how to bring forth your confidence How you are your own worst enemy and the biggest things that destroy your confidence you must avoid immediately even if you are naturally confident because that won t matter How to be confident when meeting new people and talking with others to keep conversation going without freezing and appearing awkward to meet and make new professional connections and friends or have more dates How to build unstoppable long lasting permanent confidence everyday and blaze through life at whatever it throws at you Plus custom practical how to strategies techniques applications and exercises to improve your confidence and much more Become much more confident now **Quick Confidence** Selena Rezvani,2024-09-18 A WALL STREET JOURNAL BESTSELLER A PUBLISHERS WEEKLY BESTSELLER Hands on bite sized strategies for improving your confidence In Quick Confidence Be Authentic Create Connections and Make Bold Bets On Yourself best selling author and renowned leadership speaker Selena Rezvani delivers an effective and eye opening new approach to building confidence and presence for professionals In the book the author walks you through and helps you leap over the 9 most common obstacles that stand in the way of building authentic confidence She offers digestible actions behaviors and exercises you can use to change the way you think and the way you present yourself to others Relying on sound scientifically validated data the book helps you zero in on one actionable method at a time from making a memorable entrance to stoking confidence in those around you You ll also find Mental physical and interpersonal routines that will lock in your new and confident persona for lasting change Techniques for using silence strategically and refusing to overexplain to enhance your credibility and

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playbook for professionals at all stages looking for effective confidence building advice that goes beyond fake it til you make
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is that they choose to focus on their _____ instead of their _____ Tip 15 Unless you start _____ then
things are always going to be the way they always have been Tip 23 Your self confidence depends on you accepting
responsibility for _____ and _____ Tip 35 Without some form of _____ you re not going to get very far in
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