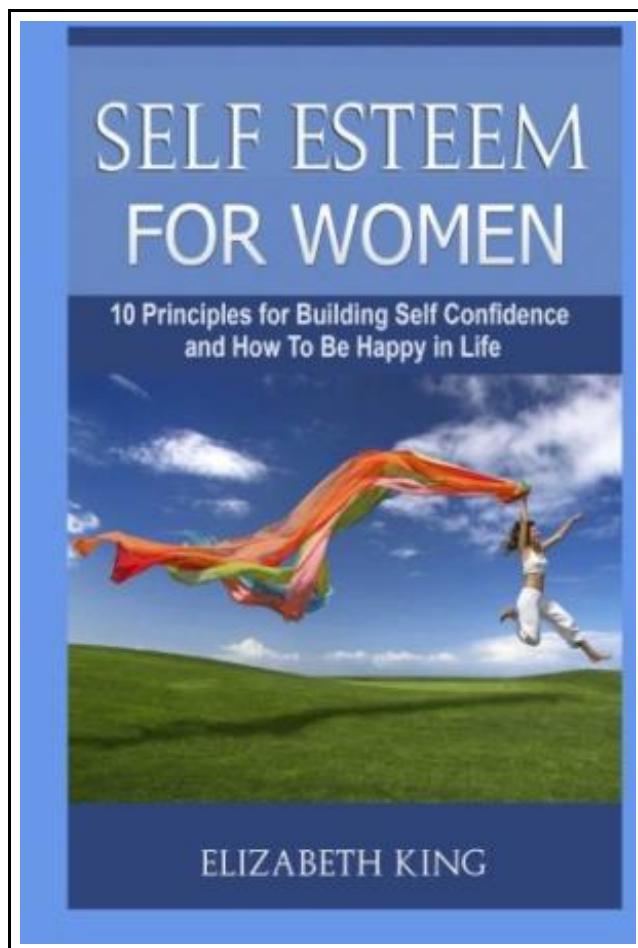


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Self Esteem for Women 10 Principles for building self confidence and how to be happy in life (free living, happy life, overcoming fear, beauty secrets, self concept) Sale price. You will save 66 with this offer. Please hurry up! No woman was ever born already self-confident. No woman was ever born with self-confidence imbedded in her genes. This is suggestive that self-confidence is never and can never be inherited from your parents. Therefore any woman who is willing to build her self-confidence and be happy can learn and become competent, like any other learnable skill. There are some universal principles that are very critical for women to learn, in our quest to become self-confident and ultimately become happy people. You deserve to be confident and happy in life. This book consists of eleven chapters, each packed with rich information required to build the requisite levels of self-confidence and guide you on a path of happiness. A quick and easy read, you will learn about: compelling reasons why you need to be self-confident. a journey into your past to tackle the causes of your low-self confidence. a guide to conduct a thorough self assessment of yourself. inspiration to celebrate your successes and achievements. means for goal setting and how to change your mindset respectively. a journey of adventure and overcoming your fears. a roadmap for continuous learning and improvement. advice on how to address your beauty needs as a woman. the concept of mentorship. the key how you can live freely and enjoy every moment of your life. I recommend that you read each chapter as slowly as possible to be sure you imbibe much virtue from it. There...



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