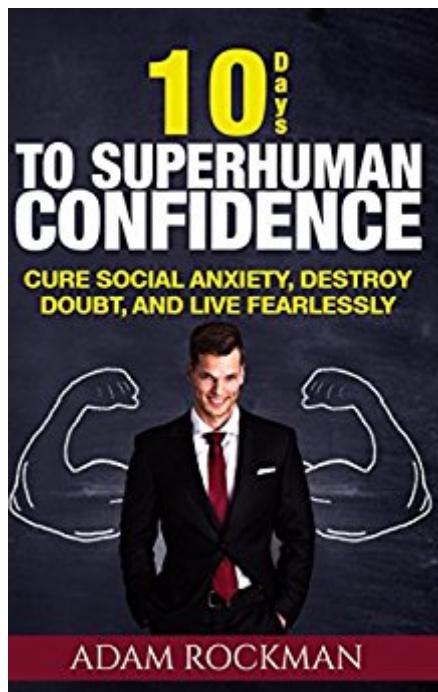


The book was found

10 Days To Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, And Live Fearlessly



Synopsis

UNLEASH YOUR CONFIDENT SELF! Imagine living an exciting, enjoyable life free of fear. Imagine having the courage to pursue your goals without worry of rejection or failure. How many amazing opportunities have you missed because shyness or fear prevented you from simply starting a conversation, expressing yourself? Haven't you ever wanted to try something fun like travel, social events, starting a business, joining a competition, learn a new skill or talk to someone new? How often has fear prevented you from doing what you actually wanted to do? Would you like to feel ASSERTIVE?, CONFIDENT?, LOVED?, VALUED?, RESPECTED?, AMBITIOUS?, OPTIMISTIC? If yes, then you must read 10 Days to Superhuman Confidence! You'll finally transform everything that held you back from unleashing your true, confident self. Negative thoughts, failure, rejection, and social pressure will have no power over you as you develop Superhuman Confidence! This book includes many proven techniques for changing your inner beliefs. It can help you destroy the negative, nagging voice of self-doubt that prevents you from trying someone new you think you would enjoy. You don't need to make up excuses to justify avoiding the life you really want. You can't achieve the success you want in relationships, dating, business, and every area of your life if you don't believe in yourself. The criticism of others, and your own negative thoughts may be preventing you from seeing your actual potential. But that will all CHANGE TODAY when you Get this book! How many of your goals could you have accomplished by now if you'd had the confidence to achieve them? 10 Days To Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly prepares you mentally for the challenges of improving your life and developing the real confidence that is the key to your success.. Inside you will learn: How to Change Negative Beliefs, How to Love Taking Risks, How to Be Self-Reliant, How to Maximize your Potential, How to Be Assertive, How to Change Bad Habits, How to Deal with Criticism, And Much More! This program has already successfully helped many people improve their life and it can help you too! See what others are saying: "This book helped me to finally realize what I have been afraid of. I don't need to worry about making everyone like me anymore, this realization gives me so much more freedom to talk to people and socialize! As a result, I'm making lots of new friends and I don't worry what people think of me anymore." -Jeremy Cole "I learned a lot more than I expected I would from this book! I used to be much more shy, but after reading this book and following all the suggestions, I have completely changed my life! People who knew me before can't believe it when they see I can charm an entire room of strangers because I used to be scared of just asking directions! This book should cost much more for the value I got from it." - Jan Soresby

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Book Information

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Customer Reviews

I feel 10 times more confident after reading this book! I have read several books about confidence recently and this is definitely the best one. It's like the author was able to read my mind and dissect exactly what was holding me back! All the examples were like a reflection of all my limiting beliefs. Such as my fear of rejection, or my approval seeking behavior. At first, I resisted admitting that I had these problems and anxieties, but I followed the advice of this book and realize that what I originally assumed to be confidence, was actually a fragile pride in limited success. I've wasted too much time trying to please everyone when I should actually be trying to first satisfy my own needs and goals and then ideally using what I learn to contribute to the world. I like the model of human development presented in this book. The author uses it as a framework to show how confidence manifests at different stages in your psychological development. This really helped me figure out what I needed in life in order to build the kind of confidence and life I want. Besides that, the great value of this book is the 10 day confidence-building plan included within. I followed the exercises, and though I

haven't yet gotten through the entire 10 days yet, I actually feel happy and in fact liberated to know that I can actually step out of my comfort zone and have fun! I'm finally starting to believe in myself and I'm very grateful to have found this book!

Self-confidence is usually something I battle with from time to time. I've read a couple books that usually cover the same rules but this book shed light to a new side of it. The book is an enjoyable read and following the path it paves lead me to the place I wanted to be at. My biggest issue was how I took criticism. As a designer, it was always tough listening to clients destroy my work because of their personal opinion but this book helped me through that. I couldn't be more happy with it.

I loved this book, especially the part where it talks about the color code of the stages of humans as an individual. I never heard of this color system before and I found it very true and very useful. I discovered that I am at the Turquoise stage and it explains a lot of things in my life for me. I will make further research on the subject as the author suggest because I can see the potential of self-growth on that model. Moreover, the other shows the relation of this consciousness color code stage to our confidence levels. Overall, a very good and interesting book that you will be happy for reading.

This 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) shares basic tips to simply gain self-confidence in order to improve life and achieve goals and succeed without a doubt. I have also learned that being assertive is usually viewed as a healthier communication style. Being assertive offers many benefits. It helps you keep people from walking all over you. On the flip side, it can also help you from steamrolling others. Behaving assertively can help you gain self-confidence and self-esteem, understand and recognize your feelings, earn respect from others, improve communication and much more which will be to your advantage. Learning to be assertive takes time and practice. If you've spent years silencing yourself, becoming more assertive probably won't happen overnight.

I was really impressed with this book. It has everything you could want in a self help book. But perhaps best of all is it has activities such as meditation and acts of kindness that take you out of your comfort zone. The author seems like he has been studying this material for years, and it wasn't hard to pick up on his credibility on the issue of confidence. Men... this is a must read. Women... this will help you immensely as well no matter where you are in life.

This book will show you how to get out of your head all that crap that society has been putting in your mind all those years so you can finally be yourself and achieve a superhuman confidence. My favorite part of the book it's the 10 days schedule that will help you become so much confident.

This book is a very inspiring read. It's uplifting to know that even though you may have your insecurities you can still become your best version of yourself by pushing yourself and facing your fears. I like the fact that this book focuses a lot on preparing your mind for the 10 Day Confidence Challenge, as it's a very big step to take on new challenges like this. Having said that, the 10 Day Confidence is far from impossible however it will greatly push your boundaries. Highly recommend this book to those suffering from social anxiety, self doubt or something of similar nature.

As being someone that has struggled with assertiveness in the past, I'm very happy to say that this book has helped me gain a nice boost of self-esteem in social situations. It basically takes you by the hand and guides you smoothly through the actionable steps you must take in order to be a more confident person with healthier self-esteem. This is not only for shy people or those who lack assertiveness, as I'm certain that most can put in practice some of the suggestions included in the book to improve the way they handle social situations.

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