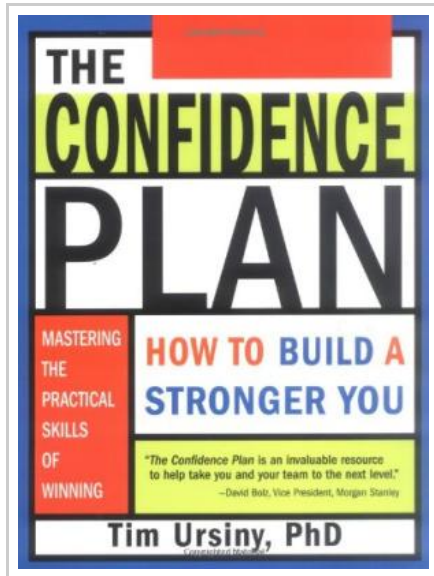




The Confidence Plan: How to Build a Stronger You

By Timothy Ursiny, Ursiny, Tim Ursiny

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, The Confidence Plan: How to Build a Stronger You, Timothy Ursiny, Ursiny, Tim Ursiny, Few other factors impact your life as much as your personal confidence. The Confidence Plan is a revolutionary guide that gives you a step-by-step process for building a more confident you. This smart and practical book addresses five essential paths to help you boost your self-confidence. Many people want to grow in confidence, but they try to do it without a plan. And while most confidence books may make you temporarily feel good, they fail to give you concrete ways to grow. The Confidence Plan changes that by offering a six-week practical program for taking your confidence to the next level. Using examples of unstoppable people whose mindsets have become even stronger than before, Dr. Tim Ursiny shows how you can do the same by following a step-by-step program focusing on: o Mental strategies for forming beliefs that lead to peak performanceo Emotional approaches for feeling a deep confidenceo Behavioral tactics for creating actions that lead to successo Relationship factors to develop a community that recharges youo Spiritual centeredness that creates unbreakable confidence by living your...



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