

Confidence Hacks: 99 Small Actions to Massively Boost Your Confidence

By Barrie Davenport

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Boost Your Confidence Daily

Want to feel more self-assured and motivated in your career? Have you had difficulty speaking up for yourself or saying what you feel?

Ready to feel good about who you are, how you look, and your ability to make things happen? Right now, you have goals and dreams for your life. You have many skills, talents, and plenty of intelligence. But sometimes a lack of confidence holds you back from taking action, being your best self, and achieving the success in your work, relationships, and life that you deserve. Every single day, you CAN take small actions to rebuild your confidence so that over time, you emerge as a new person — someone who knows they have what it takes and isn't afraid to go for it. With an arsenal of small tools at your disposal, you can build a powerful confidence foundation to support you and keep you on track for ongoing success.

Big Hacks + Small Actions = A Confident New You

Most people lack confidence in some area of their lives. Some people lack confidence in general. Either way, it's important to look at ALL parts of your life to see where low confidence might be holding you back or infecting other aspects of your life with fear or inertia. With Confidence Hacks, you'll review 99 hacks or tips in ten key areas to give you clarity on your confidence roadblocks. These ideas will reveal the benefits of strengthening confidence in each area and challenge you to take small, manageable actions to renew your motivation, self-assurance, and determination. The book covers confidence hacks for

relationships, social life, career, communication, appearance, self-improvement, body language, thinking, fun and adventure, and finances.

Take Control: How Confidence Hacking Can Change Your Life

Confidence has the power to make or break us. When we have it, we feel on top of the world and capable of anything. Without it, we want to stay in the shadows, never venturing past the status quo. Even a small amount of confidence can motivate you to take one action — and it only takes one action to implement powerful change. Just asking for the sale could make the difference in getting the account or losing it. Simply introducing yourself could lead you to the love of your life. Having the courage to ask for that raise could mean living in your dream house. With every small win, your confidence grows exponentially. When you learn small confidence hacks, you create big ripples of positive change in your life.

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Mary McKay:

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Sylvia Silva:

Spent a free time for you to be fun activity to do! A lot of people spent their sparetime with their family, or their very own friends. Usually they doing activity like watching television, gonna beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Can be reading a book may be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to consider look for book, may be the reserve untitled Confidence Hacks: 99 Small Actions to Massively Boost Your Confidence can be fine book to read. May be it is usually best activity to you.

Carl Speed:

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