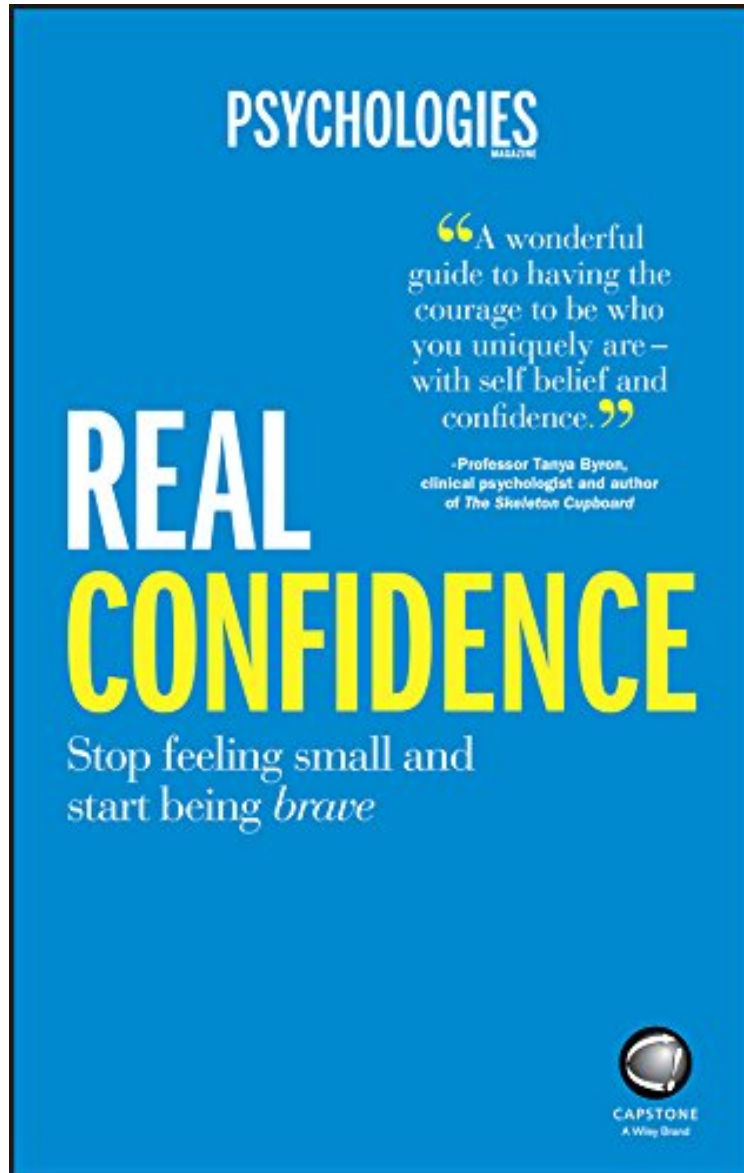


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Real Confidence: Stop feeling small and start being brave

Psychologies Magazine

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Psychologies Magazine : Real Confidence: Stop feeling small and start being brave before purchasing it in order to gauge whether or not it would be worth my time, and all praised Real Confidence: Stop feeling small and start being brave:

0 of 0 people found the following review helpful. Great book By S. Martin Fantastic book. Small but mighty. I have found it extremely helpful. 0 of 0 people found the following review helpful. Populist and accessible, an easy, empowering read for the right audience, those looking to address issues for the first time By A. I. McCulloch (Review

first published on UK of Vine supplied free item) This is an easily accessed book, ideal for readers to dip in to as they look for reminders and confidence boosters. It's very clearly laid out with the reader taken through the roots of a lack of confidence starting in childhood; not theories based on psychobabble but on sound scientific theory and evidence. It steers clear of the gung-ho unrealistic attitude to life promoted in many American self-help confidence building books, but offers firm realities and practical solutions. The title 'Real Confidence' is exactly that, this is clear advice that the reader feels they can follow, and not just for a short burst but by incorporating the advice given into everyday life as part of a long term - lifelong - programme. Doubts and fears have a habit of creeping back or springing up out of the blue when the roots causes are not addressed, and this book offers the tools to deal with this. The busy visual layout of text boxes and highlighted chunks of text may not appeal to those readers used to a more conventional chapter with subheading structure, but it makes for a quick easily absorbed and accessible read. Those who have read extensively on the subject may not necessarily find anything new; but this is a book for someone looking to address an issue for the first time. This isn't psychology for psychologists, this is a practical self-help book for the layman. At times it does state what is seemingly obvious, but these may be points that are not obvious to every reader. Like other reviewers, I'm not a huge fan of the quizzes laid out through the book which is where it lost its star, but these feature so heavily in many magazines - particularly women's glossies - that I can understand why they were included here, they certainly have mass popular appeal for many. That's the point of the book, it's written for the many, not the few, with the reassurance that whilst "everyone else" may appear to be coping far better on the surface at times, this isn't necessarily so.

Psychologies provides their inspirational yet rigorous approach to the perennial topic of confidence How confident are you? If you feel like your confidence could do with a bit of a boost to help make personal and professional situations easier Real Confidence will help you take on the confidence robbers, keep track of your confidence daily and incorporate confidence-building habits into your life on a regular basis. Written in association with Psychologies Magazine, the leading magazine for intelligent people, covering work, personal development and lifestyle issues Real Confidence is: Packed full of tips, techniques and advice to help you build your confidence Based on scientific evidence and cutting edge global research Rigorous with credible content presented in a light and accessible manner Inspirational yet down to earth and practical

From the Back Cover **STOP FEELING SMALL** How confident are you? Deep down, you probably believe that if you could just be a bit more confident and comfortable in your own skin, then you could do anything you wanted. But there's always something that seems to hold you back. So how can you learn to be more confident? **START BEING BRAVE** Psychologies Magazine brings you the latest research and the best experts who are at their top of their fields to show you how to develop confidence for real. Packed with insightful advice, practical tips, helpful tests and inspiring case studies throughout, Real Confidence will help you to: Develop proven confidence-building skills Incorporate confidence-boosting habits into your daily life Feel relaxed in any situation and accept who you are Stop seeing lack of confidence as an obstacle to your happiness Leave the past behind and become the best you No more sitting quietly over there, it's time to conquer the world and live a confident life on your own terms. "Insightful, practical and human. Inside this book lies the key to building your confidence in an authentic way." -Chris Bareacute;z-Brown, founder of Upping Your Elvis and author of Shine: How to Survive and Thrive at Work