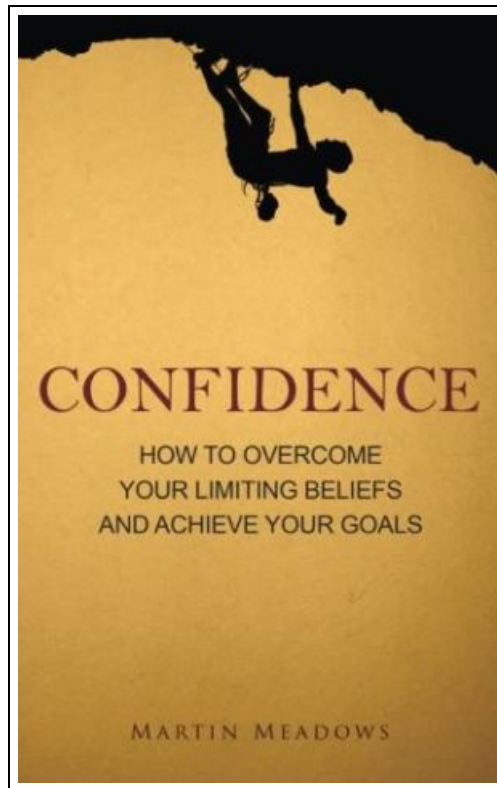# Confidence: How to Overcome Your Limiting Beliefs and Achieve Your Goals (Paperback)

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Reviews

Complete guide! Its this kind of very good read through. I really could comprehended almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.
(Reilly Keebler IV)

CONFIDENCE: HOW TO OVERCOME YOUR LIMITING BELIEFS AND ACHIEVE YOUR GOALS (PAPERBACK)

To get **Confidence: How to Overcome Your Limiting Beliefs and Achieve Your Goals (Paperback)** eBook, you should access the web link below and save the ebook or have accessibility to other information that are have conjunction with CONFIDENCE: HOW TO OVERCOME YOUR LIMITING BELIEFS AND ACHIEVE YOUR GOALS (PAPERBACK) book.

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Unsure of Yourself? Learn How to Develop More Confidence in Your Abilities and Achieve Your Goals Most of us have no problems identifying goals we want to accomplish. It s putting these plans into action that is difficult. Sometimes we lack discipline or motivation. However, there s another reason why you might struggle to make changes in your life - you have low self-efficacy. What is self-efficacy? What are the main four sources of it? How can you develop more confidence in your abilities? These are some of the questions I ll answer in this short book. The advice you re about to read is based both on scientific research and my personal experience. I will share fundamental knowledge that will help you build more confidence in your abilities and reach your goals. Here are just a few things you will learn from the book: - Five characteristics of people with strong self-efficacy and five characteristics of people with weak self-efficacy. These behaviors determine whether you ll realize your full potential or succumb to mediocrity. - What you can learn from building a university in space (and what it has to do with the belief in your own abilities). It s the single most important thing to achieve bigger and bigger goals. - A simple therapy to teach you how to handle failure the right way. It s uncomfortable, but you can be sure it will kill your fear of failure once and for all. - What a strange study about hitting dolls or treating them kindly can teach you about how others affect your beliefs about your competence. It s the second most effective way to increase the...

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