



The Art of Self-Confidence: How to Be Assertive in Any Situation

Mark Snyder

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Self-confidence is the memory of success

Self-confidence is nothing more than that deep-down feeling that you're basically a good person, deserving of what you have in life and of what is rightfully yours to earn. In a nutshell, self-confidence radiates power and health.

Fortunately, you can increase your self-confidence by reading this book.

This book address most of the situations in which you may find that self-confidence is not only necessary, it's vital! Each of the chapters in this book focuses on helping you to be more effective in life. You'll learn how to naturally and easily be more self-confident at appropriate and opportune moments.

If you read this book:

- You will discover the benefits of high self-esteem and how self-confidence can have a positive effect in different areas of your life.
- You will understand how and why you might slip into being shy instead of self-confident.
- You will find out that you can change the way you think.
- You will see that self-confidence is most easily practiced by turning everyday activities into opportunities for high self-esteem.

So, in this book, you will explore the ever-vital concept of self-confidence. Whatever level of self-confident you currently maintain, we promise that even greater potential awaits.

Let's get started!

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