



## Self Confidence: Anxiety Relief:: Breaking Free from Shyness, Insecurity Shame; Anxiety Management Stress Solutions for Overcoming Anxiety, Worry Dread (Paperback)

By Jessica Minty

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Learn the Secrets to Boost Your Self-Esteem and Self-Confidence Today! You re about to discover how to drastically improve your life and relationships by conquering your insecurity and boosting your self-confidence. Insecurity leaves a person powerless, suppressed, exhausted, and devalued. With insecurity comes a whole other host of problems in our day-to-day activities and interactions with other people - whether these people are friends, family, coworkers, children or partners. Other people feed off our insecurity and treat us accordingly. Consequently, a vicious cycle manifests that is hard to break free from. Until. Enough is enough! That is no life for you. You are not a doormat to be walked all over. You deserve a better quality of life. You are a wonderful, magnificent person that can hold your head high and laugh at the things to come. You are designed to radiate joy, life and passion. You are capable of being contagious with confidence, assurance and strength. All these qualities are yours for the taking! The beauty of this book lies in its practicality. The facts presented here are acquired through...



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