

The Little Book Of Confidence

Self-confidence is the foundation of all great success and achievement. Average people have wishes and hopes. Confident people have goals and plans. Disseminating these concepts The Gift of Self-Confidence helps you shed those insecurities that prevent achievement, success and happiness. Brian Tracy's words inspire you to believe in yourself and take control of your life.

"Confidence is the feeling that you can achieve any goal." This story will teach your child that it is okay to fail, but they will also learn how to be determined and continue in their pursuits. Aside from carrying one of the most important lessons "You should always have confidence in yourself", this book is full of fun and enjoyment.

From the authors of the international bestseller Yes! This travel-sized handbook will become your go-to key for ensuring that the world says 'yes' to you, your ideas and your requests. We all want to hear 'yes'. 'Yes' connects us to the world, and carries us into the future. So why do we find it so hard to get others to agree? And how can we improve our chances? The Little Book of Yes contains 21 short essays that outline a range of effective persuasion strategies, each proven to increase the chances that someone will agree to your request. That someone could be a friend, a colleague, a partner, a lover, a manager, a sibling, a parent, even a stranger. The timeless principles and practical lessons in this collection can be used to tackle a variety of everyday challenges, from repairing a soured relationship to negotiating a higher fee for your work, from convincing a dithering friend to take action, to building your social network and personal brand. Full of wisdom from the leaders in influence, with carefully curated advice, this little book is essential reading for any freelancer, manager, entrepreneur, parent or person who wants more from their world.

This book takes you on a journey from information about assertiveness, self-awareness of barriers to expressing your values and assertiveness strategies to try out in a relationship that needs it.

10 No-BS Lessons on Becoming the Hero of Your Own Life

Little Book of Big Emotions

A Little Book of Western Verse

Finding tranquillity in a troubled world

A Book about Confidence

How Five Feelings Affect Everything You Do (and Don't Do)

How to Win Friends, Boost Your Confidence and Persuade Others

Little Book of Big Emotions

In Confidence: Finding It and Living It, best-selling author/lecturer Barbara De Angelis, Ph.D., offers a life-changing explanation of what true confidence really is, and shares practical tools for creating more power and passion in your work and relationships.

You will never quite know how many opportunities you have missed by lacking a little self-confidence when you need it most. Whether it's nailing that job interview, speaking in front of a crowd, or asking that someone on a date. All too often people fall short in these moments as they aren't equipped with the cutting edge confidence to adequately deal with them. Not anymore. James Daugherty is an intelligence expert & former CIA Spy who specializes in all forms of communication. But there's one thing that underpins everything, confidence. It's what keeps spy's alive. However he never realised quite how much his intelligence tactics on building general confidence, prepping for specific assignments, or dealing with stressful situations on the fly would help everyday people in civilian life. Imagine how different your life could be if you were able to operate optimally in every situation. In this eye-opening & engaging book, Daugherty gives readers a firsthand look into the trials & tribulations he dealt with in the field as a CIA operative & no nonsense guide revealing how to: Build general overriding confidence (that lasts). Step by step strategies to overcome limiting beliefs. Prepping for important 'missions' (interviews, meetings, dates) you have prior warning for. Positive visualisation techniques Body language tips for making a great first impression Breakdown & use of the OODA loop process to efficiently deal with stressful situations Spy tactics to deal with social anxiety on the fly. Confidence is a mixture of fascinating anecdotes combined with the scientific rationale to back up the author's advice. The clever confidence tricks described will help you in all areas of life from professional career, relationships and ultimately your future success.

Loonette the clown feels that she can't do anything well until her best friend helps her discover a special talent which boosts her self-confidence.

The Little Book of Body Confidence

The Little Book of Yes!

The Little Book of Colour

Broaden Your Horizons

A Story about Believing in Yourself

Finding a Mindful Balance

The Little Book of Mindful Travel

There must be few people who have never felt a lack of self-confidence or heightened self-awareness when going to a party, meeting, Reading this book will help transform a wallflower into a sunflower. The Little Book of Confidence shows us how to challenge our preconceptions about confidence. Through tips, quotes, and practical exercises we can learn how to restore or improve positive faith in ourselves, heightened levels of competence, compassion, and self-awareness.

Find your confidence From public speaking to asserting yourself, decision-making to relationships, internationally renowned author of Fe and Do It Anyway Susan Jeffers shows you how to get the best out of yourself once you know how to overcome fear. The Little Book offers practical advice and thought-provoking tips on how to transform your fears into certainty. 'The queen of self-help' The Express "Most folks are as happy as they make up their minds to be." - Abraham Lincoln Happiness is contagious, and it can change our emotions we're feeling sad. More than just a passing mood, it can sometimes feel out of reach as we become bogged down in daily stresses and by negativity. The Little Book of Happiness will show you how to live in the moment, flourish as an individual, and improve your wellbeing uplifting tips, positive quotes, and simple exercises, learn how to let go and reclaim your smile.

An "unfiltered and unafraid" (Marie Forleo, #1 New York Times bestselling author of Everything is Figureoutable) guide to building the kind

confidence it really takes to live the life of your dreams, from Impact Theory cofounder and growth mindset guru Lisa Bilyeu. Author Lisa Bilyeu grew up in London, where she was always told her dreams of Hollywood were a little too big for a girl. Despite her first love of movie-making in Los Angeles and became a housewife—for eight frikin' years! How the heck did that happen? Radical Confidence is the "empowering, transformative, and practical" (Jay Shetty, #1 New York Times bestselling author of Think Like A Monk) story of how Lisa unpaused her life to cofound a company that went from zero to a billion dollars in just five years and became the leader in the world of personal development. Transforming her growth mindset, Lisa learned to face her insecurities and inadequacies, embrace new challenges, solve her own problems, tell her negative thoughts the eff up, and become the hero of her own life by life-hacking her way to feeling confident. Part deeply personal memoir, part guide to confidence "challenges the deep-rooted beliefs that prevent so many of us from knowing or reaching for our dreams" (Dr. Nicole LePera, New York Times bestselling author of How to Do the Work). Lisa teaches you how to: -Dream big -Boost your confidence -Toughen the F up -And save yourself Full of insight and practical tools for honest self-assessment, mastering emotions, and staying motivated, Radical Confidence shows how to be driven by your insecurities to create the life of your dreams.

The Little Book of Kindness

The Little Book of Friendship

The Little Book of Stoicism

The Little Book of Assertiveness

Self Discipline Mastery

Making Complex Decisions with Confidence in a Fast-Moving World

An Ex-spys Guide to Build Unwavering Confidence & Override Social Anxiety to Win in Any Situation

The ties that bind us don't have to be physical. Every time we meet someone, we forge a bond, a spiritual cord that ties us together. Us can be two, three, or more! The Little Book of Us is a collection of 150 inspiring quotes and practical exercises that capture the spirit of togetherness. Whether celebrating friends, family, or 'the one', let this book guide you through the many forms of love, with tips on how to meet your soul mate, explanations of romantic gestures, and an exploration of traditions and marriage customs from around the world.

Often we feel stressed and frantic when traveling, whether on the daily commute, or the annual family vacation. But travel presents many opportunities that—with a mindful approach—can open our minds and hearts to new places and new experiences to enrich our existence. Often we focus on where we are going and how we are going to get there, but the questions this book poses are why we travel and how we can gain fulfillment by doing so. With inspirational quotes, practical travel tips, and Tiddy's own observations on travel, The Little Book of Mindful Travel is a stimulating read for a journey both in mind and body.

The Little Book of Love is the perfect gift for a loved one, someone you are in love with or anyone looking for love. This book will inspire us to nurture our relationships through passionate and thoughtful thinking and will remind us that love is not only out there, but all around us. From inspiring quotes to practical exercises and advice, this book guides us through the many forms that love takes shape throughout our lives and reminds us that true love takes time to find and patience to grow. But above all, it teaches us that if we respect our commitments and bonds to our loved ones—our loving relationships can last a lifetime.

This compelling, highly actionable guide shows you how to deal more effectively with whatever life throws at you and live up to your best self. A mix of timeless wisdom and empowering advice, The Little Book of Stoicism will point the way to anyone seeking a calm and wise life in a chaotic world.

The Little Book of Peace

Little Exercises for a Self-Assured Life

Cool. Calm. Collected

Firm. True. Friends

A Spark of Confidence

The Little Book of Tidiness

Heart & Soul

"To love oneself is the beginning of a lifelong romance." Oscar Wilde When pursuing your dreams and a joyous, fulfilling life, self-care isn't just beneficial, it's essential. More than just a fad, self-care is a way to nurture the soul, feel secure in your own skin and restore yourself to optimum health, both mentally and physically. Despite this, self-care isn't always at the top of everyone's to-do list and often becomes an afterthought in our busy lives. The Little Book of Self-Care shows you how to take time for yourself, keep stress at bay and take control of your mental health. Through restorative tips, positive quotes and inspiring exercises, learn how to untangle your busy life, embrace your wellbeing and fall back in love with yourself.

With The Little Book of Positivity discover how to focus on the good things, practice self-love and find happiness. Shed that dark cloud and brighten your day with helpful tips, thoughtful exercises and small daily habits. The Little Book of series has sold 1 million copies worldwide, with titles like The Little Book of Mindfulness, The Little Book of Gratitude and The Little Book of Motherhood. Make the most of the best and the least of the worst. - Robert Louis Stevenson

Charlie describes all of the things that he can do by himself, including dressing, riding a bike, washing his hands, and eating.

More and more of us are suffering from the stresses and strains of modern life. Mindfulness is an increasingly popular discipline that can not only help alleviate the symptoms of stress, anxiety and depression brought on by the pressures of our daily existence but can actually bring calm, joy and happiness into our lives. In The Little Book of Mindfulness Tiddy Rowan, herself a practitioner for over 30 years, has gathered together a seminal collection of over 150 techniques, tips, exercises, advice and guided meditations that will enable people at every level to follow the breath, still the mind and relax the body, whilst generating and boosting a feeling of well-being and contentment that will permeate every aspect of everyday life. The perfect little gift to bring lasting happiness and peace for friends and family.

Laugh | Hope | Love

The Ultimate Book of Confidence Tricks

The Little Unicorn

How to Use the Psychology of Colour to Transform Your Life

The Little Book of Mindfulness

I Can Do That!

Conquer Your Fears and Unleash Your Potential

Become more confident at work. You need confidence to inspire trust, communicate effectively, and succeed in your organization. But self-doubt and nerves can undermine your ability to act decisively and persuade others. What can you do to push past these insecurities? This book explains how you can use emotional intelligence to become more confident at work. You'll learn how to correct what is holding you back, how to overcome imposter syndrome, and when feeling too self-assured can actually backfire. This volume includes the work of: Tomas Chamorro-Premuzic Rosabeth Moss Kanter Amy Jen Su Peter Bregman How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

Stop being a passenger in your own life. Believe in yourself and start driving! The Confidence Pocketbook is your take-everywhere guide to confidence and self-esteem. Packed with over 100 simple tips, techniques, ideas and suggestions, this book is your ultimate companion for facing life head-on — even during the most awkward or nerve-wracking moments. Whether you flounder in social situations, second-guess your every decision or doubt your own abilities, author Gill Hasson can help you live your life with confidence. Each page in this book presents a specific scenario in which confidence is key, and shows you the little ways in which you can act — and feel — more confident every day. Keep this guide with you as a constant reminder to believe in yourself; dip in for a quick bit of advice in tricky situations, or read and re-read the pages that hit closest to home. By making tiny yet impactful changes to your outlook, your habits and your attitude, you'll develop the confidence to cope with challenges and the optimism to say everything will turn out fine. Public speaking, job interviews, first dates, big projects, new opportunities — confidence is key to them all. This book shows you how to develop the confidence you need to succeed in all areas of life and feel good about yourself every single day. Handle life's difficulties with grace and style Access tailor-made advice for any situation on the spot Recognise your own shine and allow others to see it too Low self-esteem can become a self-fulfilling prophecy, so don't let it fester. If you can't see how capable you are, how can anyone else? Don't miss out on life — put the Confidence Pocketbook to work for you, and start taking on the world.

Some of the most influential people in history have made themselves heard despite their quiet voices and personalities, such as Gandhi, Nelson Mandela, and Bill Gates. The Little Book of Quiet takes a broad look at the need for, and the benefits of, achieving more quiet in your life. It will teach introverts how to harness their many positive qualities, and help extroverts to allow more quiet into their lives. Now that everyone is connected digitally 24/7, more emphasis is being placed on achieving higher emotional intelligence (EQ) to empathize and negotiate with others. The ability to be quiet is not only a key people skill, and a basic requirement of being a good listener, but it is also known to reduce stress, and help you find inner calm as it brings your focus back to the present world around you. The Little Book of Quiet explores the different ways of achieving more quiet in our lives, through tips, exercises, inspirational quotes and through the teachings of mindfulness.

Do you struggle to hold eye contact? Does it make you feel unconfident, uncomfortable, and self-conscious? Or do you just want to appear more charismatic and confident? Then Superhuman Eye Contact has the insightful tips and innovative exercises you need to become an eye contact expert - overnight. If you are bad at eye contact, people will assume that you are creepy or untrustworthy. If you are merely average at eye contact, you won't be negative, yet you won't be memorable either. But if you are SUPERHUMAN at eye contact, you will instantly make an impression and have people clamoring for your attention. All this because of eye contact? Absolutely. If the amount of eye-related phrases in our vocabulary is any indication, (the eyes are the window to the soul...) yes! Eyes are what people use as a guide to your overall character. Mastering eye contact is essential to becoming the person you've always wanted to be. What tips and exercises from years of coaching eye contact will you learn? * The #1 obstacle to strong eye contact and the two best ways to crush it. * Exactly how and when to break eye contact gracefully. * How to alter your eye contact for meaningful flirting. * What your eyes should never be doing, though you probably do it daily. * How the direction someone looks in can determine their truthfulness. * How to adjust your eye contact according to emotional and physical space. Real, actionable advice that can actually affect your life. How will your daily life improve? * You will project an image of confidence and poise. * You will force others to respect you and your presence. * You will become more captivating without having to say a word. * Your charisma quotient will skyrocket. * Interactions with the opposite sex will improve tenfold, guaranteed. * Most importantly you will feel comfortable making eye contact with anyone, stranger or friend... and use it to make them comfortable with you. Don't hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page!

Listen. Care. Share

Speak Up with Confidence

52 Ways to Feel Good in Your Body

Excellent As You Are

A Children's Book About Believing in Yourself (Sparks of Emotions Book 2)

Why and How to Study Theology

A Woman's Book of Confidence, Comfort, and Strength

Confidence, courage, and strength. All of these things come from within, but the inspiration and encouragement to sustain these virtues comes from all around us-- from the tall redwoods to the perfect sand dollar, from the flame of a candle to the weave of a hand-knit sweater. In *Excellent As You Are*, Sue Patton Thoele offers us food for thought, insightful stories, and

motivational quotes drawn from her popular meditation book *The Woman's Book of Confidence*. Her words are combined with lush photographs on which to reflect, proving all with the inspiration we need to find our own sources of lasting confidence, deep comfort, and true inner strength. The secret to making the right call in an increasingly complex world The decisions we make every day – frequently automatic and incredibly fast – impact every area of our lives. *The Little Black Book of Decision Making* delves into the cognition behind decision making, guiding you through the different ways your mind approaches various scenarios. You'll learn to notice that decision making is a matter of balance between your rational side and your intuition – the trick is in honing your intuition to steer you down the right path. Pure reasoning cannot provide all of the answers, and relying solely on intuition could prove catastrophic in business. There must be a balance between the two, and the proportions may change with each situation. This book helps you quickly pinpoint the right mix of logic and 'gut feeling,' and use it to find the best possible solution. Balance logic and intuition in your decision making approach Avoid traps set by the mind's inherent bias Understand the cognitive process of decision making Sharpen your professional judgement in any situation Decision making is the primary difference between organisations that lead and those that struggle. *The Little Black Book of Decision Making* helps you uncover errors in thinking before they become errors in judgement.

This is a book to be dipped into whenever you need a little bit of extra encouragement, whether it be for that crucial interview, or when looking for love. *THE ULTIMATE BOOK OF CONFIDENCE TRICKS* tackles low self-confidence with practical, accessible techniques grounded in everyday experience and supported by psychological research. From bluffing your way to confidence by altering your body language, to assessing your strengths and facing your weaknesses to become more successful in the workplace, Ros Taylor provides you with the confidence to meet any challenge head on.

Whether you pay someone a compliment or surprise a colleague with a pick-me-up coffee at lunchtime, even the smallest gestures have the power to make a big difference. *The Little Book of Kindness* will help you introduce small acts into your daily routine. A little kindness goes a long way!

Superhuman Eye Contact

Live. Laugh. Love

Confidence

Little Book of Us

Radical Confidence

A Little Book for New Theologians

"Confidence is very important to a child's future happiness, health, and success. Confident children are better equipped to deal with peer pressure, challenges and negative emotions. A little spot of Confidence is a story that uses an orange spot to help a child visual there confidence spot growing or shrinking. It shows a child real world situations on how they can grow their confidence spot"--Amazon.

The Little Book of Confidence Cool. Calm. Collected Quadrille Publishing

The Little Unicorn lives in an enchanted forest powered by the magic of her inner sparkle. When she begins to doubt herself, the magic within her and her surroundings begins to disappear. She sets off on a journey to save the forest by rediscovering her sparkle, only to find it in the place she least expects. This heartwarming story helps kids realize that we all have an inner sparkle, and we all can create magic when we believe in ourselves. Themes include: Empowerment, Self-Doubt, Courage, Confidence, Friendship, Tolerance, Kindness, Inner Strength, New Experiences

"Be careless in your dress if you must, but keep a tidy soul." - Mark Twain Do you often feel like you're drowning in your to-do lists, or becoming overwhelmed by the number of possessions you own? Tidying presents opportunities, to not only transform the spaces around us, but also to free the mind of daily stresses. This inspirational book simplifies the art of tidying, and reveals the benefits you will experience from getting yourself in order. Negative thoughts can hold us back from living the life we want to lead; consumed with worry, we often seek comfort in surrounding ourselves with stuff. Clean up your act, rid yourself of mental clutter, and gain control through motivating quotes, practical tips, and simple exercises. *The Little Book of Tidiness* will teach you how to make the most of less.

Boost Your Confidence to an All-time High

Sharing - Love - Happiness

Book of Confidence

Timeless Wisdom to Gain Resilience, Confidence, and Calmness

Well Done!

The Little Book of Happiness

The Gift of Self-Confidence

Is feeling uncomfortable with your body the norm for you? Do you find it difficult to be positive about your body? Do you stop yourself exercising, dating, wearing a bikini, or being intimate because you don't think your body is 'good enough'? If so, it's time to kick the body hate habit and start living the life you truly deserve. In this guide, Body Image Coach Judi Craddock explains why the latest diet, exercise regime or beauty treatment isn't the key to better body confidence. Instead, *The Little Book of Body Confidence* will show you how to challenge and reset the unhelpful belief that your body 'doesn't measure up'. In 52 short chapters, Judi shares simple yet effective tools to help you create a new perspective on your body and life. By

implementing the strategies in this book, you'll discover a new found appreciation for your body, and recognise that your worth is not dependent on a number on a scale or a dress size. Please note: the information in this book is not a substitute for professional medical or therapeutic advice, diagnosis or treatment. If you are suffering from Body Dysmorphic Disorder or an eating related illness, please seek the appropriate professional support.

In this quick and vibrant little book, Kelly Kapic presents the nature, method and manners of theological study for newcomers to the field. He emphasizes that theology is more than a school of thought about God, but an endeavor that affects who we are. "Theology is about life," writes Kapic. "It is not a conversation our souls can afford to avoid."

A SUNDAY TIMES DESIGN BOOK OF THE YEAR _____ The definitive guide for harnessing the power of colour to improve your happiness, wellbeing and confidence Wouldn't you like to boost your confidence simply by slipping on 'that' yellow jumper? Or when you get home after a stressful day, be instantly soothed by the restful green of your walls? The colours all around us hold an emotional energy. Applied Colour Psychology specialist, Karen Haller, explains the inherent power of colour; for example, looking closely at the colours we love or those we dislike can bring up deeply buried memories and with them powerful feelings. A revolutionary guide to boosting your wellbeing, The Little Book of Colour puts you firmly in the driver's seat and on the road to changing the colours in your world to revamp your mood and motivation. Illuminating the science, psychology and emotional significance of colour, with key assessments for finding your own true colour compatibility, this book will help you to rediscover meaning in everything you do through the joy of colour. Get ready to join the colour revolution, and change your life for the better.

Friendships are essential to human happiness and well-being. They can bring laughter, joy, stimulation as well as provide support, comfort and solace, but like all relationships they need to be nurtured to grow and survive. Like the other little books in this series this is a book to offer help and advice, packed with inspiring quotes and practical tips about nurturing your friendships and how to form new ones. The nuances of friendships can be hard to grasp, to be a good friend is a skill to be learned, so this book in itself can be a friend to turn to.

The Little Book of Self-Care

Restore - Recharge - Flourish

The Little Book of Love

Confidence Pocketbook

Declutter Your Life

A Little SPOT of Confidence

The Little Book of Confidence

Modern life can often feel hectic, stressful and anxiety-inducing. Now more than ever it is harder to escape the sense of chaos in the world. Tiddy Rowan's timeless book is designed to help us find a sense of inner peace and greater harmony with the people we live near, our environment and the world. The Little Book of Peace is an anthology of musings, insights and stories on peace and how we attain it in life, drawing from the wisdom of philosophers, religious leaders, secular thinkers, writers, poets and artists. This beautifully designed book will inspire, soothe and uplift the soul.

Develop Self Discipline and Will Power Today! Do you have a hard time following through your promises? Do you have a hard time finishing what you have started? Do you make excuses frequently? Are you having difficulty dropping a bad habit like smoking or binge eating? Do you spend more than what you're earning each month? If you answered yes to most of these questions, then you most likely lack self-discipline. There are many essential characteristics that lead to a person's success, happiness, and self-actualization, but self-discipline is the only quality that guarantees continuing and long-standing success in different facets of life. Self-discipline is crucial in achieving different life goals, whether it is to lose weight, improve your work output, or enhance your financial literacy. Self-discipline allows you to sacrifice instant pleasure for long term success. Self-discipline or self-control drives you to: Work on a business idea even when your enthusiasm is already dwindling Go to the gym even when you do not feel like it Say "no" to fatty foods Wake up early even if all you want to do is lie on your bed all day Limit your Facebook time in order to work on something important Self-discipline is rewarding, but it is also challenging. As human beings, we are conditioned to seek instant pleasure. We are conditioned to do what's easy, fun, and convenient. When you practice self-discipline, you are going against your human nature and that's the reason why it's difficult. This book **Self Discipline Mastery** contains easy-to-follow techniques and strategies that will help you exercise self-discipline. This book contains easy-to-follow steps that will help you achieve everything that you desire - your ideal weight, dream job, and stable financial situation. This book contains strategies, apps, 133 affirmations, and 33 habits that can help strengthen your willpower and self-discipline. Developing willpower and self-discipline is not easy, but it can make a huge difference in your life. It allows you to control unnecessary impulses and it gives you strength to say "no" to activities that will only distract you from achieving your goals. It gives you the determination to pursue your goals even when the odds are against you. Here is a quick preview of what is inside....

Benefits of Self- Discipline Characteristics of Self-Disciplined Achievers The Science of Self -Discipline Set Clear Goals Just Do It Mastering the Ultimate Self-Discipline Strategies Motivate Yourself Daily Choices That Help Strengthen Your Willpower and Self-discipline And much more! Purchase your copy today NOW and lets get started on your self-discipline mastery today!

Master Self-Discipline Like a Warrior and Gain Confidence, Motivation, and Happiness!

The Little Book of Positivity

The Little Book of Quiet

Confidence (HBR Emotional Intelligence Series)

How to Radiate Confidence, Attract Others, and Demand Re

The Little Black Book of Decision Making