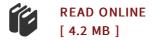




The Little Book of Confidence: Cool Calm Collected

By Tiddy Rowan

Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, The Little Book of Confidence: Cool Calm Collected, Tiddy Rowan, There are few people who have not gone to a party, a business presentation, a meeting or social occasion feeling a lack of confidence or an increased amount of self-consciousness. Reading this book will help transform the former wallflower into a sunflower. The Little Book of Confidence shows us how to challenge our preconceived notions about confidence. Through tips, quotes and practical exercises we can learn how to restore or improve positive faith in ourselves through heightened levels of competence, compassion and self-awareness. But this is more than a book about selfconfidence. To be in someone's confidence is a complement of trust in a friendship or business relationship. To have confidence in a proposal, a plan or a person is a declaration of positivity. Confidence is also an expression of self-assurance that is transmitted through body language. Throughout this book, different aspects of confidence are clearly presented in bite-sized nuggets of information and inspiration showing the reader how to get the best out of this often-elusive quality.



Reviews

This is basically the greatest book i have got read through until now. It normally will not expense an excessive amount of. I am just delighted to let you know that here is the greatest book i have got go through within my individual existence and might be he finest book for at any time. -- **Precious McGlynn**

An exceptional book and also the font utilized was intriguing to read. This is for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book. -- Prof. Tyson Hilpert