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Higher Self-Confidence: Eight steps to fight your negative thinking habits, raise your self-confidence, and be happier everyday!

K L Gomez

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Your happiness is directly correlated to your level of self-confidence. That’s because when you are happy, you are less worried about what others think, are more spontaneous, and more focused on creating a satisfying life experience. The more confident you are, the happier you are! Low self-confidence is one of the main reasons you are unhappy. You disengage, withdraw, and avoid people and situations. You are less likely to take risks, engage in meaningful relationships, and experience new things. You end up miserable because you don’t have anyone to turn to. In this book, you will learn what self-confidence truly is and identify the thinking habits that pummel it. Most importantly, I will share strategies to replace negative thinking habits with healthy ones. I will show you how to sustain your newfound self-confidence. The goal of this book is—simply—to make you a happier person.

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