



## 365 Steps to Self-Confidence

By David Lawrence Preston

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. This book has been written for everyone - young and old, men, women, students, educators, business people, administrators, parents, homemakers, sports enthusiasts, entertainers - yes, and you! It has been carefully structured into 52 sections, covering the following areas: Deciding to be confident Self-Awareness Thinking confidently Using your imagination to improve self-image Acting with confidence Confident communication. Each section contains information, insights and words of inspiration, plus seven exercises, practical hints or points to ponder. That's one a day - not too taxing, is it? Printed Pages: 224.

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