



# **Self Confidence Secrets (Overcome low self esteem and become unstoppable, powerful and irresistible)**

*Fred Walther, Claudia Weber*

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Interested in overcoming low self

esteem? "Self Confidence Secrets" will boost your morale and improve your life !

Self esteem is the building block for leading a happy and successful life. Yet many of the most intelligent and gifted persons often doubt themselves and have low self-esteem.

Persons with high self-esteem oftentimes are more successful at work, date more and generally feel more fulfilled in life. Success breeds confidence and confidence breeds success. But the contrary is true, too! How can you break this cycle if you have low self-confidence?

The good news is that self-esteem is nothing that you are born with, it's not in your genes. And that means that you can train it and you can change how you see yourself and how you feel about yourself.

This guide is full of easy exercises and powerful techniques that you can apply immediately and create a new, empowered life. You will learn how to accept yourself, how to quiet your inner critic and how to improve the perception you have of yourself:

- \* let go of your negative beliefs and construct a new way of feeling about yourself
- \* use meditation and visualization to quiet your self-critical voice
- \* use affirmations and other powerful techniques to create new, positive beliefs
- \* learn how your body language affects the way you feel and how you can use confident body language to raise your self-esteem
- \* learn how to set meaningful goals -and how to achieve them
- \* feel more confident and boost your self-esteem

This book is a good way to start your journey on the road to high self-esteem. You will be well on your way to success in life, love and career!

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