



TEN BOOKS TO HELP YOU BUILD CONFIDENCE AND SELF ASSURANCE

You can click on each book for more information.



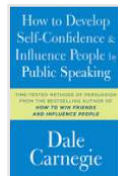
Feel the Fear & Do It Anyway



Step Up: Confidence, success and your stellar career in 10 minutes a day



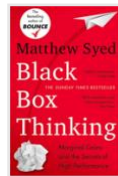
Overcoming Low Self-Esteem, 2nd Edition: A Self-Help Guide Using Cognitive Behavioral Techniques



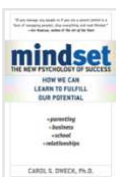
How to Develop Self-Confidence and Influence People by Public Speaking



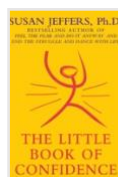
Ultimate Confidence: The Secrets to Feeling Great About Yourself Every Day



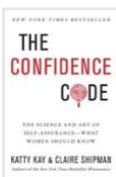
Black Box Thinking: Marginal Gains and the Secrets of High Performance



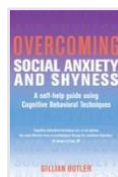
Mindset: The New Psychology of Success



The Little Book of Confidence



The Confidence Code: The Science and Art of Self-Assurance---What Women Should Know



Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioral Techniques