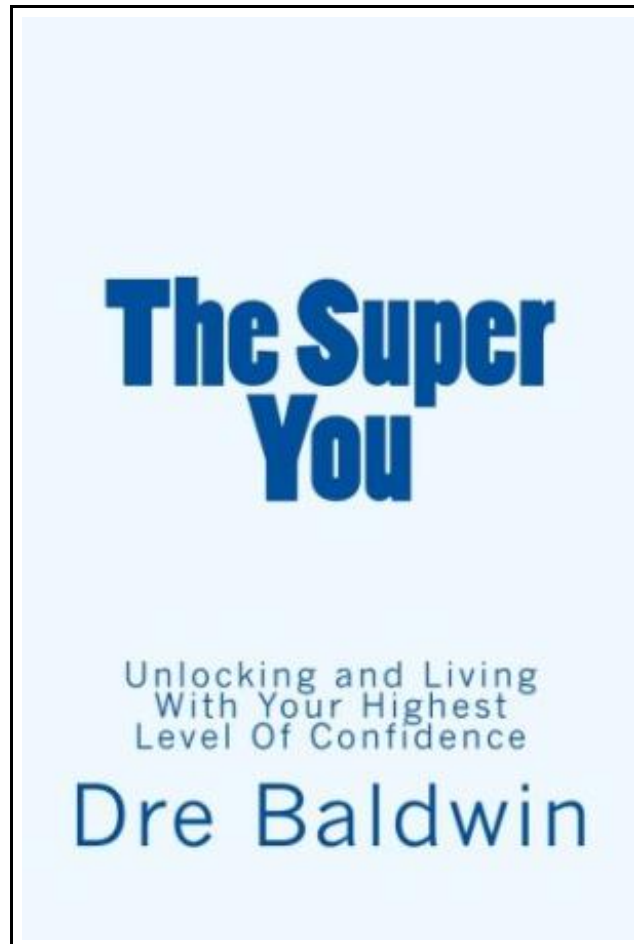


The Super You: Unlocking and Living with Your Highest Level of Confidence (Paperback)



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Reviews

It in one of my personal favorite book. Sure, it is engage in, continue to an amazing and interesting literature. I am quickly could possibly get a enjoyment of looking at a published book.
(Wellington Rosenbaum)

THE SUPER YOU: UNLOCKING AND LIVING WITH YOUR HIGHEST LEVEL OF CONFIDENCE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.When I was a child, there were these color-by-numbers coloring books we would play with. Each page would have a picture of, say, a bear. And the bear would have different areas of its body marked by a number. There was a little box in the corner of the page that told you which colors referred to each number. So if the number 1 was green, you colored all the corresponding 1s on the page in green. Then you did the same with black, red, yellow and the rest. After coloring in all the numbered sections, you d have a perfectly colored picture to admire. There was no thinking or real-life application necessary. Just do what the damn book said, step by step, and everything would be perfect. The Super You is not a coloring book. My goals in writing this book are to: 1) Give you insight into the phenomenon of confidence by explaining what it is, where it comes from, when you can use it to your advantage, and how it is developed, strengthened and weakened. 2) Prepare you to apply what you read in real life, learning instinctively when to use each tool in your box, since no two situations are ever exactly the same. 3) Leave you with The Super You, the version of you who has the confidence to think and say and do all of the things you ve considered but haven t dared trying. That s what this book is.



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