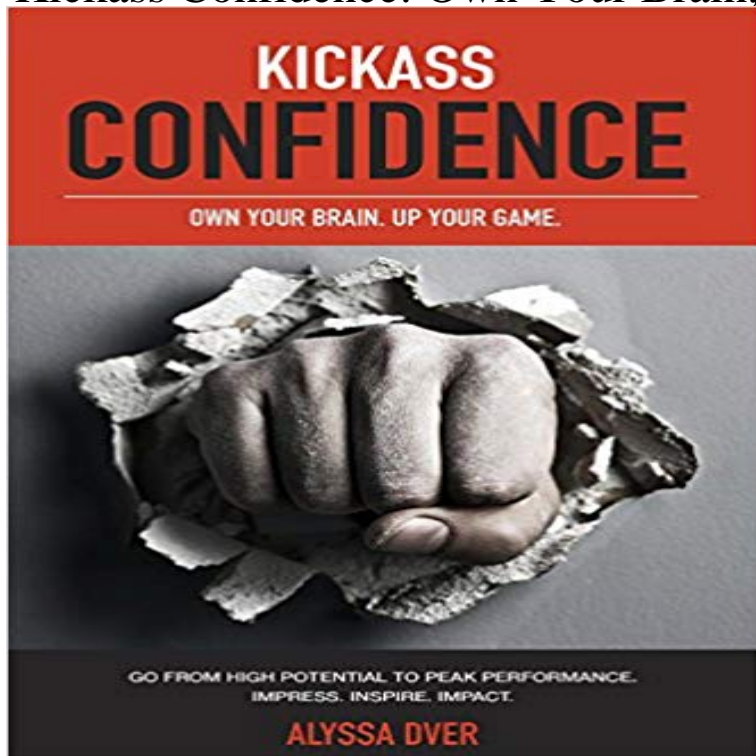


Kickass Confidence: Own Your Brain, Up Your Game.



This book offers a way to help manage all of this stress and subsequent guilt, without adding a lot of time or effort to your already overwhelmed life. Kickass Confidence will unmask what confidence is, as well as what it is not. We will then gently explore the science of confidence from neuroscience and psychology perspectives as well as the tools used in executive, life and business coaching. You'll learn about the latest research and theories that indicate anyone can physically change his or her own brain structure and function. Go from high potential to peak performance. Impress. Inspire. Impact.

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