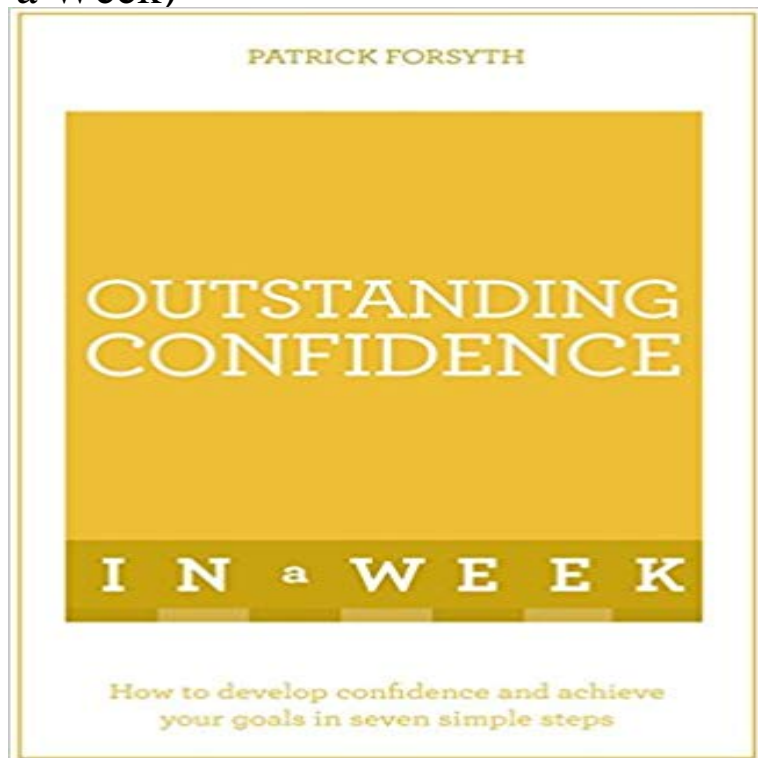


Outstanding Confidence In A Week: Teach Yourself (Teach Yourself: in a Week)



The ability to maintain confidence is crucial to anyone who wants to advance their career. Written by Patrick Forsyth, leading expert and coach in confidence-building techniques, this book quickly teaches you the insider secrets you need to know to in order to gain outstanding confidence. The highly motivational in a week structure of the book provides seven straightforward chapters explaining the key points, and at the end there are optional questions to ensure you have taken it all in. There are also cartoons and diagrams throughout, to help make this book a more enjoyable and effective learning experience. So what are you waiting for? Let this book put you on the fast track to success!

Sunday: What is confidence?
Monday: Self analysis
Tuesday: The nature of the work place
Wednesday: Working at creating confidence
Thursday: The contribution of appearance
Friday: Communications to the rescue
Saturday: A foundation of knowledge and skill

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