



The Power of Self-Confidence: Become Unstoppable, Irresistible, and Unafraid in Every Area of Your Life

Brian Tracy

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Self-confidence is the ability to move out of your comfort zone and take risks with no guarantee of success.

The Power of Self Confidence explains that confidence is "mental fitness." It can be developed by engaging in a series of regular exercises to build up and maintain higher and higher levels of self-confidence in every area of your life. This audiobook revolves around the idea that with self-confidence, everything is possible. Each chapter will be a lesson in ways to exercise mental fitness, which include:

- The Foundations of Self-Confidence
- Purpose and Personal Power
- Achieving Confidence and Mastery
- Succeeding in Personal Relationships
- Dealing with Difficult People
- Self Confidence in Action
- Achieving Confidence and Mastery

The Power of Self-Confidence: Become Unstoppable, Irresistible, and Unafraind in Every Area of Your Life Details

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Author : Brian Tracy

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From Reader Review The Power of Self-Confidence: Become Unstoppable, Irresistible, and Unafraid in Every Area of Your Life for online ebook

Karla says

Im wieczej sie uczysz, tym wieczej mozesz sie nauczyc!!!!!!!!!!!!!! Wspaniala ksiazka. Polecam kazdemu a najlepiej tym najmlodszym jako lektura obowiazkowa :)

Lukorito Jones says

Another good book by Tracy!

Arianna says

Better Than Expected

I wasn't sure what to expect but I enjoyed the tips and tricks shared. This was the right book for me to read at this time!

Michael says

"You will learn to approach the biggest challenges and opportunities of your life completely unafraid, convinced of your ability to accomplish anything you put your mind to."

I used to be like that, then I got kicked in the face a couple of times and couldn't figure out how to get back up, and then I got kicked a couple of more times when I was down.

If I was to write a book on self confidence this is exactly the book I would write. It's near perfect. It's exactly what I needed to get that confident self out of hiding.

The book covers maintaining a positive mindset and guarding every single one of your thoughts, as well as finding out what you're good at. I suppose many people don't know this. There is also a series of exercises on setting goals and writing them down, which I've found to be very important.

One thing I did not like was the perfectionist, "don't be soft on yourself" advice in a small portion at the end of the book. That is the exact kind of thinking and attitude that has landed me where I'm at today. Not good. It actually contradicts the beginning philosophies and advice in the beginning of the book.

This is one of those books that I would tell everyone to read. You have to apply the information for it to work. A lot of people won't understand the magnitude of the advice and exercises in this book, because

they've heard them but never actually implemented them. I've implemented them before, and if you do them they WILL change your life.

Jenny says

OK. Tracy's other book "Eat that Frog" had a bigger impact on my life.

Amir Arman says

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Weldon cheruiyot says

Brian Tracy has got me on my toes shaping my destiny.setting precise goal...
Highly recommend it.

Ivan Taylor says

Typical of many self help books. Mostly motherhood statements to Just Do It. Could use more on How To.

Mahshid Parchami says

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Renie Harris says

I did not complete this book, not quite what I was wanting.

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Nijol? says

Dvipusis jausmas: ši knyga neleis ting?ti nei dabar, nei ateityje. Jei esi tam pasiryž? - pirmyn. Kas patiko: trumpas ir konkretus turinys, tikrai yra verting? ?žvalg?. Erzina šiek tiek pinig? tema, kaip vienas iš tavo šaunumo ?rody?.

Deepak Imandi says

Fantastic! Not just any self improvement book. There seems to be a magic lingering around this one! Felt hell a lot positive, reading this one and even implemented few of the techniques or cues mentioned in the book. Must read.!

John says

Brian Tracy provides practical advice on how to increase self-confidence in this book.

Joline Atkins says

DO NOT GET THE AUDIO OF THIS BOOK UNLESS YOU HAVE NO ISSUES WITH MOUTH SOUNDS! This book is fantastic. Brian Tracy is an amazing coach for time management, goal setting, and building confidence, and I'd recommend ANYTHING he writes to anyone building a business. BUT, the audio for this book is full of mouth sounds. I endured them for 5 hours . . . but was so disappointed in the recording that I actually asked, and received, a refund. Will always be fan of Mr. Tracy. Just not on audio.
