



How to Boost Your Self-confidence & Self-esteem?: Best Ways Ever to Overcome Social Anxiety

Abdullah Assaid Qsuda

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“Self-confidence gives you the freedom to make mistakes and cope with failure without feeling that your world has come to an end or that you are a worthless person.” Abraham Lincoln. Self-confidence and self-esteem are everything. Our self esteem is instilled in us during our youth. Being constantly criticized by family, friends, and society tends to slowly strip us of our feelings of self worth. Our low self esteem strips us of the self confidence to make even the smallest of decisions. These feelings do not have to be permanent, however. Improving your self esteem increases your confidence and is a first step towards finding happiness and a better life. In this book you will find out the answers to : 1-What is the Most Important Skill to Master in life? 2-How to Conquer self doubt? 3-How to Stop Comparing Yourself to Others? 4-How to Boost Your Self-Confidence?

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