

THE WOMAN'S HANDBOOK FOR SELF-CONFIDENCE

Twenty-five coaches, consultants and professional seminar leaders share powerful tips for increasing personal self-confidence, dealing with difficult relationships, and communication.



Being Heard! Communicating with Authority ~ Face the Fear!
How to Deliver a Winning Presentation ~ The Assertive Woman
Dining & Social Savvy ~ Landing on Your Feet: Handling Obstacles
Developing a “Can Do” Attitude ~ Handling Toxic People
12 Steps to Higher Self-Worth ~ Overcoming the Emotional Rollercoaster

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