

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**

Edited by

Linda Ellis Eastman

Founder of The Professional Woman Network