



Self Confidence Without All The BS: The Truth About Being Confident That Your Therapist Will Never Tell You

Bede Draper

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Confidence Isn't Just About What You Think...

Real Self Confidence Manifests Itself In What You Do and How You Do It

You're about to learn how to develop self-confidence in every area of your life. In this book you will learn:

How To Overcome Anxiety, Fear and Low Self Esteem

In this life-changing book, you will learn how take self-confidence from inside and make it change your life on the outside. It's not enough to just think confident thoughts. You must take confident action. In this book, you'll learn how to master self-confidence in your relationship with yourself, in your relationship with others, and in your relationship with work.

About The Author

Bede Draper has a Master of Applied Science in Social Ecology with major studies in critical perspectives in psychological practices. As a young man he studied for the Roman Catholic priesthood. He formally studied philosophy and various methods of psychotherapy. Bede has worked for himself for the last thirty years as well as extensively working in consulting and training in the occupational health and safety industry. His interests are philosophy, sociology, psychology, comparative religion and Traditional Vedanta.

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