



## Weekend Confidence Coach: How to Kick the Self-doubt Habit in 48 Hours

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By Lynda Field Associates, Lynda Field

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Weekend Confidence Coach: How to Kick the Self-doubt Habit in 48 Hours, Lynda Field Associates, Lynda Field, Full of brilliant ideas, "Weekend Confidence Coach" will help you become self-assured, calm and stress-free in a very short time. Written in the friendly and interactive style of the popular "Weekend Life Coach" and "Weekend Love Coach" series, "Weekend Confidence Coach" will show you how, by boosting your self-belief, you can rise above your doubts and watch your highest dreams unfold before your very eyes, discovering a life that blazes and sparkles with energy, zest and enthusiasm. Use Lynda Field's tried and trusted methods to take a stand and learn how to love your life, overcoming negative behaviour patterns and destructive emotions. Set aside just 48 hours to put yourself first, and make an exciting new start, stepping into the sunshine of your life.



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