



Confidence

Barbara Deangelis

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In *Confidence: Finding It and Living It*, best-selling author/lecturer Barbara De Angelis, Ph.D., offers a life-changing explanation of what true confidence really is, and shares practical tools for creating more power and passion in your work and relationships. You'll learn:

- why you may be sabotaging your own success and happiness;
- how to stop procrastinating and start living NOW;
- secrets for getting in touch with your inner power;
- how to develop spiritual and emotional confidence; and
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