



Confidence

By Rob Yeung



Confidence By Rob Yeung

This book will transform your life. With confidence you can succeed at just about anything!

In your hands is the most definitive and indispensable guide to feeling, acting, and being more confident, that you're ever likely to read.

Using only the best methods, and the most effective techniques you'll be equipped and empowered to achieve all your goals and will quickly build a profound and lasting belief in your abilities.

There's no psychobabble, no confusing jargon and no demanding and unrealistic expectations. Just quick and brilliant 'Dos' and 'Don'ts' that get you right to the heart of what you need to know and do to boost your confidence – now!

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Editorial Review

Review

“Important, accessible and research-based. *Confidence* will be of use to many people.”

Adrian Furnham, Professor of Psychology, University College London

From the Back Cover

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About the Author

Dr Rob Yeung is a chartered psychologist of the British Psychological Society with a PhD in psychology from the Institute of Psychiatry (part of King's College London). He coaches individuals on both business performance and life issues. He is the author of over 20 books which have been translated into dozens of languages worldwide.

Users Review

From reader reviews:

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