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The Confidence Course: Seven Steps to Self-Fulfillment

By Walter Anderson



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The Confidence Course: Seven Steps to Self-Fulfillment By Walter Anderson

An inspiring step-by-step guide to overcoming self-doubt and achieving personal and professional success.

Based on his popular course at the New School for Social Research in New York City, in *The Confidence Course* the former Marine, renowned storyteller and editor of *Parade* Walter Anderson teaches you how to choose what you want to be. In 20 interactive lessons, complete with exercises and real-life examples, Anderson offers rules to live by that can positively transform your life.



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The Confidence Course: Seven Steps to Self-Fulfillment By Walter Anderson Bibliography

- Sales Rank: #898515 in Books
- Brand: Harper Perennial
- Published on: 1998-02-03
- Released on: 1998-02-03
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .58" w x 5.31" l, .42 pounds
- Binding: Paperback
- 256 pages

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Editorial Review

Amazon.com Review

Walter Anderson is the editor of *Parade*, the magazine insert that appears in many U.S. Sunday newspapers; *Parade*'s optimistic, all-American style is echoed in *The Confidence Course*. In addition to becoming more confident, Anderson wants to teach you how to win friends, influence people, and become an overall better person. His advice is deceptively simple: take responsibility for your behavior, do things rather than "try" to do them, act in spite of your fear, and practice tolerance of others. Anderson's confidence is catching; when he discusses how to speak in public both courageously and entertainingly, you might just forget your fears and go out and rent a lecture hall.

From [Booklist](#)

Anderson, the editor of *Parade* since 1980, is also an appointee to the National Commission of Libraries and Information Services and a board member for the Literacy Volunteers of America and the National Center for Family Literacy, generous activities that reflect one of his seven steps to self-fulfillment: "Believe in something big. Your life is worth a noble motive." Simple on the surface, profoundly resonant upon reflection, this statement exemplifies Anderson's positive, no-nonsense new book, his third, the fruit of a course on self-confidence he created and taught at the New School for Social Research in New York City. The class was a resounding success, an indication that lack of confidence is endemic and that Anderson's pragmatic program, rooted in the teachings of his friend, Dr. Norman Vincent Peale, works. Anderson is blunt and to the point. "No, life is not fair," he declares. He, too, has struggled all his life against "the most painful feelings of inferiority," until he discovered that adversity can become inspiration, fear can be transformed into courage, and dreams can be realized. Wasting no time on psychobabble, Anderson offers concrete suggestions for how to learn from your mistakes, how to hold people's attention and earn respect, how to define success in a meaningful way, and how to live a full and fulfilling life. A tall order? Absolutely, but Anderson is so specific and experienced, so focused on strengths instead of weaknesses, he generates a palpable aura of reasonableness, and readers can't help but feel hopeful. *Donna Seaman*

Review

The Confidence Course offers practical advice on how to embrace your fears and move beyond them.--John Gray, author of *Men Are From Mars, Women Are From Venus*

Users Review

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Jennifer Galaviz:

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Shalon Fisk:

Reading can be called brain hangout, why? Because if you find yourself reading a book especially book entitled The Confidence Course: Seven Steps to Self-Fulfillment your brain will drift away through every dimension, wandering in each and every aspect that maybe unknown for but surely will end up your mind friends. Imaging each word written in a book then become one contact form conclusion and explanation that will maybe you never get ahead of. The The Confidence Course: Seven Steps to Self-Fulfillment giving you another experience more than blown away your brain but also giving you useful data for your better life in this particular era. So now let us explain to you the relaxing pattern here is your body and mind is going to be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

Marcos Hawkins:

The book entitled The Confidence Course: Seven Steps to Self-Fulfillment contain a lot of information on the idea. The writer explains her idea with easy approach. The language is very simple to implement all the people, so do not worry, you can easy to read this. The book was compiled by famous author. The author will bring you in the new age of literary works. You can easily read this book because you can continue reading your smart phone, or model, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site and also order it. Have a nice read.

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