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By Dr Chris Williams



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Ever feel inferior, not attractive, not liking yourself, or that you don't fit in? Low confidence and reduced self-esteem are common problems - and yet by using the small steady steps within this ebook you can learn key tools for change.

Learn how to overcome low confidence:

- Who says you're not good enough?
- Getting positive ideas going
- What to say to yourself whenever you feel small
- Acting lessons
- Good enough is good enough



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