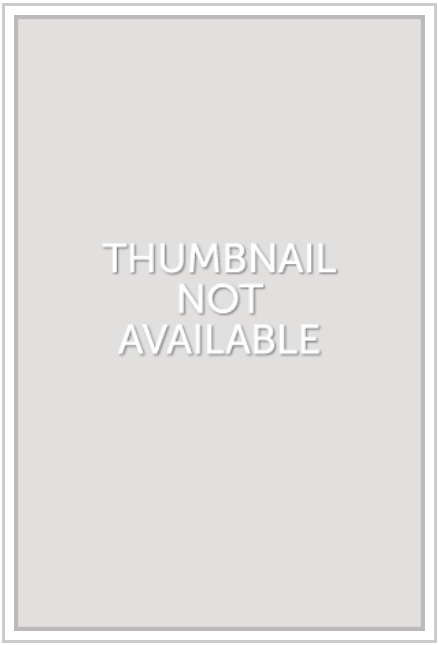


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Unlock Your Confidence: Find the Keys to Lasting Change Through the Confidence Karma Method

By Gary Wood

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Unlock Your Confidence: Find the Keys to Lasting Change Through the Confidence Karma Method, Gary Wood, Discover how the Confidence-Karma method could help you be more confident and really get what you want from life. This inspirational guide offers a complete, step-by-step personal empowerment course using tried and tested techniques, quizzes and exercises to help you to understand where you are now in life, where you want to be, and how to get there with confidence! Perhaps the book's most inspiring innovation is emphasizing the karmic principle of 'what goes around comes around' and how building confidence in others can have a powerful, positive knock-on effect in your life. Psychologist, teacher and life coach Dr. Gary Wood introduces The Confidence-Karma Method. This unique, whole-life approach, develops your existing skills and strengths in achievable and meaningful steps. It builds resilience by working on both mindfulness and changing your attitudes toward yourself from three different angles - feelings, actions and thoughts. It raises aspirations and helps you to reach your potential by addressing motivation, values and goal-setting. From a physical perspective it considers the impact on confidence and esteem of breathing, relaxation, health, exercise...

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Reviews

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