

# The Little Book Of Confidence

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 The Little Book of Sisterhood

*The Little Book Of Confidence*

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*The Little Black Book of Decision Making* Simon and Schuster  
 Fantastic You shows readers how to develop and nurture a loving and positive relationship with themselves. Kids will learn that self-care includes positive self-talk and self-compassion for a happy, self-empowered life. There's one special person you get to spend your whole life with: YOU! Which means there's no one you should take better care of! When you cheer yourself on and cheer yourself up, you make the world a happier place. Life is amazing when you share it with the people you love: family, friends, and always with YOU!

**Gift of Confidence** Quadrille Publishing

"Women are going to form a chain, a greater sisterhood than the world has ever known." Nellie McClung The force of girl power knows no bounds, encouraging strength, camaraderie and kindness. More than just friendship, sisterhood wraps itself around the world, embracing women of all age, size and race, providing a system of unspoken support and solidarity. The Little Book of Sisterhood is a love letter to the women of the world, showing you how to share the love, feel empowered and celebrate your female friendships. Through inspiring tips, positive quotes and awesome exercises, learn how to embrace your femininity, emulate your heroines and play your part in a strong and encouraging community.

**A Kids Book About Confidence** Quadrille Publishing

Whether you pay someone a compliment or surprise a colleague with a pick-me-up coffee at lunchtime, even the smallest gestures have the power to make a big difference. The Little Book of Kindness will help you introduce small acts into your daily routine. A little kindness goes a long way!

**The Little Book of Self-Care** John Wiley & Sons

Stop being a passenger in your own life. Believe in yourself and start driving! The Confidence Pocketbook is your take-everywhere guide to confidence and self-esteem. Packed with over 100 simple tips, techniques, ideas and suggestions, this book is your ultimate companion for facing life head-on — even during the most awkward or nerve-wracking moments. Whether you flounder in social situations, second-guess your every decision or doubt your own abilities, author Gill Hasson can help you live your life with confidence. Each page in this book presents a specific scenario in which confidence is key, and shows you the little ways in which you can act — and feel — more confident every day. Keep this guide with you as a constant reminder to believe in yourself; dip in for a quick bit of advice in tricky situations, or read and re-read the pages that hit closest to home. By making tiny yet impactful changes to your outlook, your habits and your attitude, you'll

develop the confidence to cope with challenges and the optimism to say everything will turn out fine. Public speaking, job interviews, first dates, big projects, new opportunities — confidence is key to them all. This book shows you how to develop the confidence you need to succeed in all areas of life and feel good about yourself every single day. Handle life's difficulties with grace and style Access tailor-made advice for any situation on the spot Recognise your own shine and allow others to see it too Low self-esteem can become a self-fulfilling prophecy, so don't let it fester. If you can't see how capable you are, how can anyone else? Don't miss out on life — put the Confidence Pocketbook to work for you, and start taking on the world.

**The Little Book of Assertiveness** Berrett-Koehler Publishers

For life's harder times, The Little Book of Recovery presents itself as both a reflection of the trials and tribulations that we experience as human beings. Be it trauma, grief, addiction, adversity, Sofia A provides the most open form of poetry, walking you through a real recovery experience, bringing together individuals in an ode to show each and every one of us how powerful and resilient we really are.

**The Little Book of Motherhood** Quadrille Publishing

Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives. Through easy practices, such as keeping a daily gratitude journal, writing letters of thanks, and meditating on the good we have received, we can improve our health and wellbeing, enhance our relationships, encourage healthy sleep, and heighten feelings of connectedness. Easily accessible and available to everyone, the practice of gratitude will benefit every area of your life and generate a positive ripple effect. This beautiful book, written by Dr Robert A Emmons, Professor of Psychology at UC Davis, California, discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day.

**The Little Book of Friendship** Quadrille Publishing

A smart, small book for any manager's pocket. In every manager's career there are moments where decisions need to be made in order to achieve success and this smart, nicely packaged little book can be there to help each time. The trick to succeeding in these moments is to identify each of these situations ahead of time and understand how to act and what to do to reduce the chances of failure. That is exactly what The Little Black Book for Managers has done. The authors have listed a whole host of situations most managers face, based on thousands of personal experiences, and have mapped out how to deal with each situation. The book contains specific examples of words and phrases that can be used as well as illustrations and exercises to analyse your current performance. It is short on waffle and high on practical wisdom. It is designed to be dipped in and out of —

reached for whenever a situation arises. This is a practical support tool for managers at all levels, from shop-floor supervisor to main board director. The Little Black Book for Managers explains how to deal with scenarios such as; Having a lack of confidence to deal with other people in the way that is needed Times when you have to assert your authority more Allocating critical work. Who to choose? Needing to get extra effort from the team when under pressure Incentivising Delegation Having to deal with underperformers Personality clashes between work colleagues Managing a meeting with senior leaders

**The Little Book of Confidence** Quadrille Publishing

An inspiring and laugh-out-loud guide to building the kind of confidence it really takes to live the life of your dreams, from Impact Theory cofounder and growth mindset guru Lisa Bilyeu. Author Lisa Bilyeu grew up in London, where she was always told her dreams of Hollywood were a little too big for a girl. After all, in her traditional Greek culture, who cared about prestigious awards when you could be a housewife? Lisa, that's who. Lisa cared. Except after graduating from college, meeting the man of her dreams, and moving to Los Angeles, a housewife was exactly what Lisa became—for eight frikin' years! How the heck did that happen? Radical Confidence is the story of how Lisa unpaced her life to cofound a company that went from zero to a billion dollars in just five years and become a leader in the world of personal development. Transforming herself with a growth mindset, Lisa learned to face her insecurities and inadequacies, embrace new challenges, solve her own problems, tell her negative voice to shut the eff up, and become the hero of her own life by life-hacking her way to feeling confident. Radical Confidence is a deeply personal memoir filled with insight and practical tools for honest self-assessment, mastering emotions, and staying motivated. With humor, honesty, and Lisa's beloved hilarious voice, this book teaches you how to be driven by your insecurities to create the life of your dreams.

**Why Not Me?** Createspace Independent Publishing Platform

Find your confidence From public speaking to asserting yourself, decision-making to relationships, internationally renowned author of *Feel the Fear and Do It Anyway* Susan Jeffers shows you how to get the best out of yourself once you know how to overcome fear. The Little Book of Confidence offers practical advice and thought-provoking tips on how to transform your fears into certainty. 'The queen of self-help' The Express

**The Little Black Book for Managers** Sophia Institute Press

"Be careless in your dress if you must, but keep a tidy soul." - Mark Twain Do you often feel like you're drowning in your to-do lists, or becoming overwhelmed by the number of possessions you own? Tidying presents opportunities, to not only transform the spaces around us, but also to free the mind of daily stresses. This inspirational book simplifies the art of tidying, and reveals

the benefits you will experience from getting yourself in order. Negative thoughts can hold us back from living the life we want to lead; consumed with worry, we often seek comfort in surrounding ourselves with stuff. Clean up your act, rid yourself of mental clutter, and gain control through motivating quotes, practical tips, and simple exercises. The Little Book of Tidiness will teach you how to make the most of less.

**The Little Book of Confidence** Gaia

The Little Book of Confidence Random House

[The Little Book of Yes!](#) Penguin

"Confidence is very important to a child's future happiness, health, and success. Confident children are better equipped to deal with peer pressure, challenges and negative emotions. A little spot of Confidence is a story that uses an orange spot to help a child visual there confidence spot growing or shrinking. It shows a child real world situations on how they can grow their confidence spot"--Amazon.

[The Little Book of Mindfulness](#) Random House

"A mother's arms are made of tenderness and children sleep soundly in them." - Victor Hugo No one compares to your mother. All encompassing and powerful, the love she has for you knows no bounds. The Little Book of Motherhood is a celebration of being a mum, it covers all aspects of motherhood, from what it means, new mother tips and facts, birthing traditions from around the world, folklore and inspirational quotes from mothers past and present. Perfect as a mother's day gift or just a little token to remind your mom how much she means to you.

**The Little Book of Happiness** Crown Archetype

The secret to making the right call in an increasingly complex world The decisions we make every day - frequently automatic and incredibly fast - impact every area of our lives. The Little Black Book of Decision Making delves into the cognition behind decision making, guiding you through the different ways your mind approaches various scenarios. You'll learn to notice that decision making is a matter of balance between your rational side and your intuition - the trick is in honing your intuition to steer you down the right path. Pure reasoning cannot provide all of the answers, and relying solely on intuition could prove catastrophic in business. There must be a balance between the two, and the proportions may change with each situation. This book helps you quickly pinpoint the right mix of logic and 'gut feeling,' and use it to find the best possible solution. Balance logic and intuition in your decision making approach Avoid traps set by the mind's inherent bias Understand the cognitive process of decision making Sharpen your professional judgement in any situation Decision making is the primary difference between organisations that lead and those that struggle. The Little Black Book of

Decision Making helps you uncover errors in thinking before they become errors in judgement.

**Little Book of Confidence** American Psychological Association Friendships are essential to human happiness and well-being.

They can bring laughter, joy, stimulation as well as provide support, comfort and solace, but like all relationships they need to be nurtured to grow and survive. Like the other little books in this series this is a book to offer help and advice, packed with inspiring quotes and practical tips about nurturing your friendships and how to form new ones. The nuances of friendships can be hard to grasp, to be a good friend is a skill to be learned, so this book in itself can be a friend to turn to.

[The Little Book of Peace](#) John Wiley & Sons

Often we feel stressed and frantic when traveling, whether on the daily commute, or the annual family vacation. But travel presents many opportunities that—with a mindful approach—can open our minds and hearts to new places and new experiences to enrich our existence. Often we focus on where we are going and how we are going to get there, but the questions this book poses are why we travel and how we can gain fulfillment by doing so. With inspirational quotes, practical travel tips, and Tiddy's own observations on travel, The Little Book of Mindful Travel is a stimulating read for a journey both in mind and body.

[The Little Book of Positivity](#) Quadrille Publishing

More and more of us are suffering from the stresses and strains of modern life. Mindfulness is an increasingly popular discipline that can not only help alleviate the symptoms of stress, anxiety and depression brought on by the pressures of our daily existence but can actually bring calm, joy and happiness into our lives. In The Little Book of Mindfulness Tiddy Rowan, herself a practitioner for over 30 years, has gathered together a seminal collection of over 150 techniques, tips, exercises, advice and guided meditations that will enable people at every level to follow the breath, still the mind and relax the body, whilst generating and boosting a feeling of well-being and contentment that will permeate every aspect of everyday life. The perfect little gift to bring lasting happiness and peace for friends and family.

[The Little Book of Tidiness](#) John Wiley & Sons

Help your kids understand confidence and how to find it. This is a kid's book about confidence. How confident do you feel today?

Maybe a lot, maybe a little, or maybe you don't know what that word means! However you feel, this book is for you! This book helps kids aged 5-9 understand what confidence is and where it comes from. One look inside will help kids (and their grownups) learn how to build their confidence little by little to achieve their dreams. A Kids Book About Confidence features: - A large and

bold, yet minimalist font design that allows kids freedom to imagine themselves in the words on the pages. - A friendly, approachable and empowering, kid-appropriate tone throughout. -

An incredible and diverse group of authors in the series who are experts or have first-hand experience of the topic. Tackling important discourse together! The A Kids Book About series are best used when read together. Helping to kickstart challenging, empowering, and important conversations for kids and their grownups through beautiful and thought-provoking pages. The series supports an incredible and diverse group of authors, who are either experts in their field, or have first-hand experience on the topic. A Kids Co. is a new kind of media company enabling kids to explore big topics in a new and engaging way. With a growing series of books, podcasts and blogs, made to empower. Learn more about us online by searching for A Kids Co.

[The Little Book of Confidence](#) Partridge Publishing

Everyone, in a family of reputed professionals of the town, has been successful in cracking the Worlds toughest exam in their first attempt but Pancham is unable to maintain the legacy. Father is furious at Panchams failure. Pancham thinks if he dies, the society won't trouble his family. Before the thought could take the shape of reality, an affectionate mother calms him down and sends him to the Sikh temple, where he meets a weird looking stranger with whom he takes an emotional roller coaster of conversations. Based on actual events, the story is influenced by the author's life who refused to believe the crowd and made his path for an unbelievable achievement.

[The King of Confidence](#) Quadrille Publishing

Is feeling uncomfortable with your body the norm for you? Do you find it difficult to be positive about your body? Do you stop yourself exercising, dating, wearing a bikini, or being intimate because you don't think your body is 'good enough'? If so, it's time to kick the body hate habit and start living the life you truly deserve. In this guide, Body Image Coach Judi Craddock explains why the latest diet, exercise regime or beauty treatment isn't the key to better body confidence. Instead, The Little Book of Body Confidence will show you how to challenge and reset the unhelpful belief that your body 'doesn't measure up'. In 52 short chapters, Judi shares simple yet effective tools to help you create a new perspective on your body and life. By implementing the strategies in this book, you'll discover a new found appreciation for your body, and recognise that your worth is not dependent on a number on a scale or a dress size. Please note: the information in this book is not a substitute for professional medical or therapeutic advice, diagnosis or treatment. If you are suffering from Body Dysmorphic Disorder or an eating related illness, please seek the appropriate professional support.

Best Sellers - Books :

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- [Girl In Pieces By Kathleen Glasgow](#)
- [The Ballad Of Songbirds And Snakes \(a Hunger Games Novel\) \(the Hunger Games\) By Suzanne Collins](#)
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