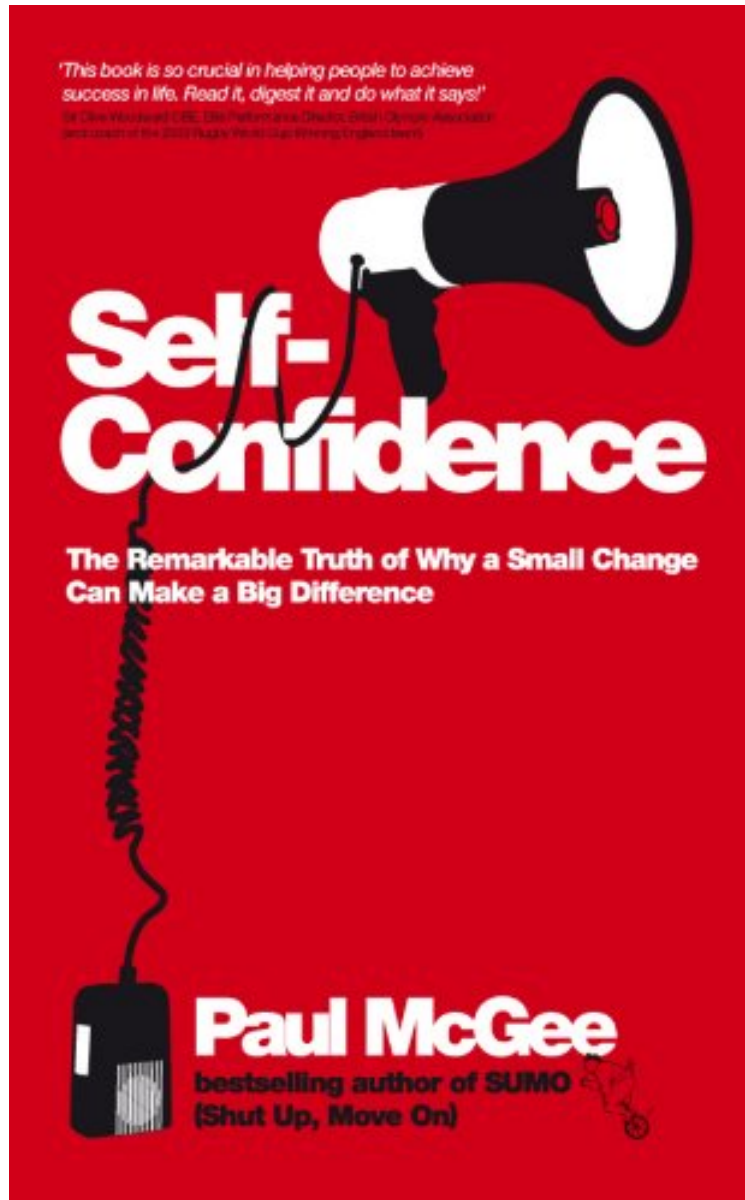


Self-Confidence: The Remarkable Truth of Why a Small Change Can Make a Big Difference

Paul McGee

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helping the reader to understand the causes for a lack of self-confidence. He gives us very practical ways to build our self-confidence and tells us how to guard against over confidence. All principles are very easy to understand and are supported by stories from people he has met and from Paul's personal experiences. Paul has a way of getting right to the point and helping the reader relate. 0 of 0 people found the following review helpful. Five Stars By Anye Thank you Paul McGee. This book gave me peace, self-confidence and freedom. 0 of 0 people found the following review helpful. Four Stars By Bradley Valdivia Right book for the job at the perfect price!

A bestselling motivational author on life's X factor: confidence. Have you ever wondered how different your life would be if you increased your confidence by just 10%? Paul McGee has. And in his latest book, he explains what confidence is, where it comes from, why it's important, and how to develop it in yourself and others. Not only does the book deal with confidence in business, romance, social situations, and all areas of life, it explodes common myths, including why 'over-confidence' and 'under-confidence' are both harmful. Loaded with practical tips on bouncing back from a setback and feeling confident in challenging situations, this inspiring, upbeat book will help fill you with life's X factor. Full of practical tips on feeling confident during job interviews, presentations, networking, and social gatherings. Written by Paul McGee, bestselling author of S.U.M.O. (Shut Up, Move On) and S.U.M.O. Your Relationships. With this indispensable guide, you'll not only learn how to feel confident, but turn confidence into meaningful life-changing action.

'...a good entry into [McGee's] world. You'll be feeling more confident in no time.' (Edge, June 2010). '...easy digestible bite-size chunks...offers some useful lessons...' (BA Business Life, March 2010). '...a practical approach to self-management...inspires hope and highlights the importance of the smallest gesture of change.' (The Journal of Wellbeing, April 2010). From the Back Cover 'Looks like Paul McKenna has met his match' - David Thomas Whatever you want, just get out there and do it. You can get that promotion, be more self-assured in public and achieve your personal best - anything is possible with confidence. Confidence is the magic ingredient that changes you from a spectator into a player, and it only takes a small change to make a massive difference to what you achieve in life. If Tom Cruise was 10% taller, he'd be over 6 foot. If you had 10% more confidence, what would you be doing now? A small change = a big difference. Packed with practical advice and a thorough grounding in all the latest techniques, Self-Confidence shows you how to: Move out of your comfort zone and make a difference. Deal with nerves and stop anxiety de-railing you. Rethink your beliefs about yourself. Recover from challenging setbacks. Be your own best mate. Find confidence with the help of others - and deal with those who crush it. What you achieve in life is all down to how you feel about yourself. It's amazing what you can do when you have the confidence to try. So what's to stop you? 'Compelling. Candid. Controversial. You have to read it!' - Steve McDermott. About the Author Paul McGee is one of Europe's leading motivational speakers and coaches, where he combines practical strategies with both inspiration and realism. He has spoken in 31 countries to date and is the author of seven books. The proud creator of SUMO (Shut Up, Move On), his simple yet profound messages have spread across the globe both in public and private sector organisations. More recently his ideas have been developed for young people under the banner of SUMO4Schools. Building on his academic background in behavioural and social psychology, Paul is also a trained counsellor, a performance coach and a Fellow of the Institute of Sales and Marketing Management. His aim is simple - "I want to help people achieve better results in life and have more fun in the process." For more information visit www.TheSumoGuy.com