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WEEKEND CONFIDENCE COACH: HOW TO KICK THE SELF-DOUBT HABIT IN 48 HOURS



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Weekend Confidence Coach: How to Kick the Self-doubt Habit in 48 Hours, Lynda Field Associates, Lynda Field, Full of brilliant ideas, "Weekend Confidence Coach" will help you become self-assured, calm and stress-free in a very short time. Written in the friendly and interactive style of the popular "Weekend Life Coach" and "Weekend Love Coach" series, "Weekend Confidence Coach" will show you how, by boosting your self-belief, you can rise above your doubts...

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- Authored by Lynda Field Associates, Lynda Field
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