



The Ultimate Secrets of Total Self-Confidence (Paperback)

By Dr Robert Anthony

Penguin Putnam Inc, United States, 2008. Paperback. Book Condition: New. Revised ed.. 203 x 137 mm. Language: English . Brand New Book. The secret behind The Secret - the originator of the belief in the power of positive thinking delivers a completely revised guidebook to success. Before Rhonda Byrnes delivered the blockbuster bestseller The Secret, Dr. Robert Anthony was delivering the principles of Total Self-Confidence. Here Dr. Anthony, bestselling author of Think Big, reveals the secrets he has taught in seminars and workshops that have changed thousands of lives. Executives, star athletes, and celebrities know how total self-confidence can make one soar, and anyone can learn how to achieve it in their daily lives. The Ultimate Secrets of Total Self-Confidence features advice on: - Tapping into creative imagination - Clearing the mind of fear, worry, and guilt - The best ways to communicate, and the art of small talk - The simplest ways to get a perspective and set goals - The joys and benefits of being different Now revised by the author, this is the book for advancement in career, family, love life, finances, and mental and physical health.



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