



# HOW TO BE MORE CONFIDENT: THE ULTIMATE GUIDELINES FOR SELF-LOVE & CONFIDENCE

*Mike Z.*

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## **HOW TO BE MORE CONFIDENT: THE ULTIMATE GUIDELINES FOR SELF-LOVE & CONFIDENCE** Mike Z.

We all made mistakes, we all have made mistakes that distort our own image of who we are and why we should love ourselves, we've all come short when it comes to self-confidence at least for once in our lives, we've all fallen, experienced pain and gotten up, don't you remember? When you were learning how to walk as a baby!

How does this have to do with anything?

That's a good question, you see, most people settle for something that does not match what they truly want in life simply mostly because they lack the belief and confidence in themselves.

When you were a baby you were not concerned with failure nor were you concerned with people laughing at you, scolding you or anything, you had no beliefs whatsoever associated with the process of learning and trying again to walk, for you and those around you it was a MUST, to walk and surmount the difficulties, you as a baby did not care about what failure resembles nor let it distort your self-image since you were yet to make the association between your confidence, self-image and failure.

Those beliefs were inculcated in your mind by society and those people around you, basic fears of looking stupid for trying for something that would seem unrealistic or highly demanding.

You accepted those beliefs as a kid unsuspectingly without knowing the consequences of bearing and letting such beliefs and doctrines in your life....

This Book will help you:

- 1) Helping you identify your limiting beliefs, the ones that are holding you back.
- 2) Uncovering your "past map" by which you judge yourself based on and making peace with it through self-forgiveness.
- 3) The consequences of not forgiving and loving yourself/ reconciling with your past.
- 4) Helping you avoiding the amassment of negative beliefs and identifying their sources & how to eliminate them.
- 5) Helping you creating a new system of beliefs through rapid methods of learning.
- 6) Helping you discover how to keep improving your lifestyle and love yourself more through positive habits.

I hope you'll give me the privilege of guiding you through.

Mike Z.

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