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Nota di contenuto	About the author Acknowledgements Preface to the third edition Introduction Part 1 - Developing life-long confidence 1 Confidence and you 2 Developing bullet-proof beliefs 3 Learning to feel confident 4 Behaving with confidence 5 Setting confident goals 6 Drawing on your resources 7 Dealing confidently with setbacks 8 Creating a confident future Part 2 - Confidence when you need it 9 Confident public speaking and presentations 10 Confident conversations and socialising 11 Quick confidence Index
Sommario/riassunto	'Confidence' combines the best methods from cognitive behavioural therapy, sports psychology, neuro-linguistic programming, positive psychology and much more. Dr Rob Yeung, psychologist and coach, shows how to challenge your fears, build your confidence and achieve your goals in life.