



**CONFIDENCE: Let Go Of Who You Think
You're Supposed To Be, Build Self-Esteem And
Supercharge Your Life With The Gifts Of
Imperfection (Motivation Self Help, Mentoring,
Life Coaching, Self Esteem)**

Camden Scott

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DON'T MISS OUT ON THIS VALUABLE RESOURCE THAT CAN SUPERCHARGE YOUR LIFE WITH THE CONFIDENCE HACKS INSIDE, INSPIRE UNSTOPPABLE CONFIDENCE AND DETER YOU FROM BEATING YOURSELF UP FOR BEING IMPERFECT!

No one is perfect by birth..... It's rare to find someone, who can fit the bill of a visionary leader, public relations specialist, marketer, copywriter, administrator, salesman, accountant, culinary expert, etc. - all rolled into one specific individual. Even if multi-tasking is getting popular, there's no guarantee that any individual can excel in every area of specialisation....after all, no one is perfect and can be programmed to be a high achiever in everything one does (neurolinguistic programming). So, take heart and learn to embrace who you are, even if you're stuck in a rut, feeling like the whole world has crashed on you. Although you are saddled with low self-esteem and the fear of failure in whatever you seek to achieve, don't lose heart because your life can be transformed for the better, as long as you have the commitment to do so.

SO, LET'S TICK OFF THE ITEMS ON THE CHECKLIST FOR AN EFFECTIVE DIAGNOSIS AND ASSESS WHETHER YOU ARE SUFFERING FROM THESE SYMPTOMS OF STRESS AND NEGATIVITY:

Are you always bothered by the perception people have of you?

Are you always worrying about disasters that may befall upon you, even when you are supposed to be enjoying a vacation?

Are you in denial mode each time someone heaps some praise on you?

Are you constantly struggling with your innermost fears and self-doubts in the face of undertaking a new challenge?

Is your self-esteem getting eroded due to the verbal abuse and bullying you're being barraged with from others?

Are your anxiety, fears and phobias driving you up the wall and causing you to suffer from panic attacks?

Do you feel that you are no longer in control of your life, and everybody seems to be pushing you to the brink of depression?

Fret not. With this motivational bible cum manifesto, you will understand how to accept your gifts of imperfection and become inspired to overcome your fears and lead yourself out of the darkness. With the will to change your life for the better, you can undergo a positive personal transformation which will enable you to achieve the once impossible dreams as well as pursue life with greater meaning, bravery and confidence. In getting the right dose of confidence in being yourself, you'll soon win more friends and gain the happiness you deserve!

ABOUT THE AUTHOR:

As a kid, Camden Scott was a victim of low self-esteem, having suffered at the hands of bullies in his early childhood days and even during his working career. Determined to overcome his fears and phobias, he completed a degree in Psychology from the University of Wales, read up on positive thinking books and attended meditation workshops to improve his skills. Then, he decided to write a book, detailing the confidence hacks which he felt were really practical in helping him adopt a more positive perspective of life.

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Maria Casillas:

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