



Your Little Steps to Self Confidence for Life: Includes a Free 30 Day Personal Development Course Little Steps (Paperback)

By MR Paul G Bailey

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. LIMITED TIME OFFER: Free 30 Day Personal Development Course! "Just wanted to say an enormous big thank you for this course. I have looked forward to the daily email, I've always appreciated them. I've learnt a fair bit about myself in the process and undoubtedly made progress in several areas." - Simon "It makes life more manageable so that you don't feel overwhelmed" - Julie "An exciting challenge each day" - Michalis "I'm really starting to notice a difference my little steps are making. Mostly in the procrastination area but also to some extent in confidence as I've spoken to strangers more in the last 2 weeks than I ever would normally. Thanks for making the difference happen - little steps is so easy to follow" - Lynne Self Help, Practical & Motivational guidance for stressed and busy people looking to get help with their self confidence, motivation and overall well being. This is a collection of blog posts that I have written for a number of different personal development websites. I've reordered them in to a more logical sense to make it easier to...



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