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Catching Courage: Understand Your Fears, Control Your Anxieties, and Make Better Decisions - Use Obstacles to Your Benefit (Paperback)

By Zoe McKey

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you stay silent because you fear rejection and judgment? Are feelings of inadequacy and self-sabotage preventing you from living the life you want? Catching Courage gives you more than fearlessness - it gives you unshakable confidence in your own powers and chases away the feeling that you re not able to start or finish things. Say goodbye to the days when you let possibilities slip through your fingers. Be GUTSY in every situation life throws in your way. Catching Courage is a special book that will help you understand that courage is the necessary quality to build confidence. Self-doubt is a natural feeling but you can get over it. Impossible only exists if you believe it. Time to learn how to overcome the feeling of inferiority and achieve success. It takes you step by step through the process of how courage is built with the help of studies, personal stories and actionable exercises at the end of each chapter. Say goodbye to fear of rejection and inferiority complex once and for all. Catching Courage is ground zero for any kind...



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