

## The Science of Self-Confidence (6 Compact Discs/PDF Workbook)

Brian Tracy



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Brian Tracy

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All the people you know personally have some self-confidence. If they didn't you wouldn't know them. They wouldn't be braving the daily world. They'd be hermits, or shut-ins, afraid to do anything.

Some self-confidence, in today's world, isn't really enough. What is? Abundant self-confidence. Think of all the things you could do if you enjoyed superior levels of self-confidence in all areas of life that are important to you. What would stop you? In this audio seminar, Brian Tracy provides a practical plan of action to developing self-confidence. You discover that it is a state of mind and set of attitudes that can be learned by using proven, practical methods and techniques practiced by winners and achievers in every field.

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