



Building Self-Confidence for Dummies

Kate Burton, Brinley Platts

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We could all use a little more confidence in our lives. With a push in the right direction, you can discover how to carry yourself confidently at work, at home, and even in relationships. This friendly guide shows you what confidence is and where it comes from, and offers practical tips and techniques to build on your skills, challenge your fears, and channel your energy into a more effective you.

Discover how to

- Recognise your strengths
- See things from a brighter perspective
- Say 'No' with confidence
- Build confidence in others
- Raise confident children

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