



Self Help And Building Confidence Box Set (6 in 1): Learn Proven Strategies To Find Happiness And Reach Your Full Potential (Positive Thinking, Confidence ... Unstoppable, Facing Fears, Goal Setting)

Kathy Stanton, Riley Stevens

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Free Bonus Books Included!

Book 1: Living Confident And Loving It: How To Build Self Confidence, Overcome Insecurity And Reach Your Full Potential

Here Is A Preview Of What You'll Learn...

- Causes of Low Self-Confidence
- How to Build Your Self-Confidence
- How to Set Goals in Your Life
- How Healthy Eating and Exercise Can Build Confidence
- The Trick To Positive Self-Talk!
- Helpful Positive Affirmations You Can Apply In Your Life Right Now
- Much, much more!

Book 2: 50 Ways To Get Things Done In 50 Minutes: Discover 50 Productivity Hacks To Beat Procrastination, Find Your Focus And Improve Time Management

In This Book You Will Learn...

- What is Procrastination and How Can I Overcome it?
- Pointers for Avoiding Procrastination
- Helpful Hints for Focusing Better

- Helpful Strategies for Time Management
- Finding Balance and Managing Your Day
- Learn How to Manage Tasks
- How to Enjoy a Motivated and Productive Life
- Much, much more!

Book 3: 50 Ways To Motivate Yourself In 50 Minutes: Discover 50 Motivational Hacks To Build Self-Discipline, Achieve Your Goals And Get What You Want

Here Is A Preview Of What You'll Learn Inside This Book...

- Motivating Yourself in the Morning
- Motivating Yourself When You Don't Have Much Energy
- Motivational Hacks When You Feel Overwhelmed
- Hacks to Build Self-Discipline
- Hacks for Getting Yourself Going
- Hacks for Creating Personal Success
- Building a More Motivated and Successful You
- Much, much more!

Book 4: 50 Ways to Change Your Life in 50 Minutes: Discover 50 Habits To Change Your Thoughts, Utilize Your Emotional Intelligence And Achieve Success

Here Is A Preview Of What You'll Learn...

- What is Emotional Intelligence?
- How Does Emotional Intelligence Help Us?
- How to Keep the Negative Out and Positive In!
- How to Change Your Thoughts Right Now!
- Success is Within Your Reach, So Grab It!
- Finding Success and How it Benefits Your Health
- Helpful Habits for Success
- Much, much more!

Book 5: 50 Ways To Maximize Your Small Space In 50 Minutes: 50 Creative Ways To Get Organized, Declutter And Live Your Life Comfortably

Inside You Will Learn...

- Where Do You Get Started?
- Living Room Hacks
- Making the Most Out of the Space in Bedrooms
- Organizing the Bathroom
- Helpful Tips for Organizing Your Kitchen
- Tips for Maximizing Your Space
- Using Design to Make Your Space Feel Larger
- Much, much more!

Book 6: Living Happy And Loving It: 40 Steps To Discover And Unlock Your Inner Happiness For Life

Here Is A Preview Of What You'll Learn...

- Why Unhappiness is a Bad Thing
- Why are you Unhappy?
- Happiness and its Positive Effects
- 20 Ways You Can be Happy
- 20 More Ways You Can be Happy!
- How to Implement the Steps in This Book in Your Life
- Additional Strategies To Maintain Happiness
- Much, much more!

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Ryan Calhoun:

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Joe Garner:

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