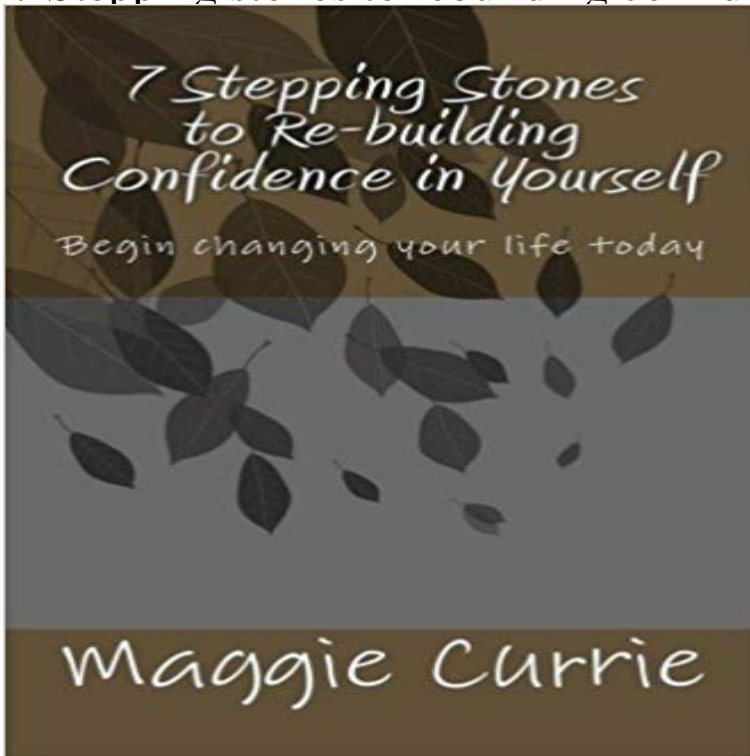


7 Stepping stones to rebuilding confidence in yourself



This book provides a guide to re-establishing your own self-image. I will take you step by step through the exercises you will need to do to transform your life. The easy to understand exercises will become your map of your journey to increased self-confidence and happiness. You will learn how to: Learn how visualisations and affirmations support your new self-image. Replace negative messages with new core beliefs that will support your happiness. Rediscover your inner self. Accept accept yourself. Learn to love yourself, learn not to judge yourself or others. Learn to trust your inner wisdom. Face reality and stop the downward spiral of self-sabotage. We all have the power within us to live our lives with purpose and meaning and to make our own choices.

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