



This Book Will Make You Confident

By Jo Usmar, Jessamy Hibberd

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Have you ever felt that something keeps holding you back in your life? It feels like other people seem to breeze through life, but self-doubt and feelings of insecurity prevent you getting the things you want--whether at work, family life or relationships. Well, fear not: for those of us not born with armor-plated self confidence, this little book will allow you to change how you think.

Dr. Jessamy Hibberd and Jo Usmar will provide you with the tools to build your self-esteem and realize your full potential. With practical exercises and techniques based on the very latest cognitive behavioral therapy (CBT) research, their friendly results-driven approach will give you a new sense of confidence in every area of your life.

- Deal with insecurity
- Nurture self-belief
- Challenge your inner critic
- Learn to take action
- Play to your strengths
- Look the part

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Editorial Review

About the Author

Dr. Jessamy Hibberd works as a contributing psychologist and is registered on the British Psychological Society's media friendly psychologist list. She endeavors to make psychology easy to understand and accessible and has contributed to magazines and newspapers such as *Glamour, Look, Fabulous, More, The Sun, The Daily Mail, The Sunday and Daily Express, Boots Health & Beauty, Be and Pregnancy & Birth*.

Jo Usmar is a freelance journalist who has worked for such magazines and newspapers as *Cosmopolitan, Stylist, Look, Fabulous, Heat, The Mirror* and *The Sun's*.

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Jack Evans:

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