



The Confidence Factor: The Seven Secrets of Successful People

By Annie Ashdown

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Self-confidence is the key to success in life and confident people have a sense of purpose, believing anything is possible. *The Confidence Factor* reveals the habits of self-confident people and the secret of their self-assurance. Full of practical tips from successful people from all walks of life, that can be used right now.

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The Confidence Factor: The Seven Secrets of Successful People By Annie Ashdown Bibliography

- Sales Rank: #1257104 in Books
- Brand: Brand: Crimson Publishing
- Published on: 2013-11-15
- Released on: 2013-09-18
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .77" w x 5.37" l, .72 pounds
- Binding: Paperback
- 240 pages

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Editorial Review

Review

"I recommend that all business people should have a copy to hand. It is that good." *Business Money*

From the Back Cover

Seven simple steps to an unstoppable you!

Confident people are positive, motivated, resilient, willing to take risks and eager to stretch themselves. They champion others, accept their own weak points and look the part, but don't show off. The good news is these are all qualities that can be learned, and Annie Ashdown, leading business and personal development coach, is here to show you how.

Illustrated with real-life case studies and invaluable insights from well-known high-achievers, **The Confidence Factor** is a practical, no-nonsense guide to building self-confidence and enabling success.

A hands-on, in-depth session with Britain's most inspirational self-confidence coach.

The Confidence Factor won't transform your life- only you can do that- but it will give you all the tools you need for the journey

The Confidence Factor includes exclusive, first-hand insights from high-achievers who overcame adversity, including Holly Tucker, Sam Roddick, Lynne Franks, Judy Piatkus, Carla Buzasi, Michael von Clarke, Denise Robertson, Ronit Zilkha, Jo Fairley and Ted Johnson.

About the Author

Annie Ashdown is the founder of The Self Confidence Centre in Harley Street and one of the UK's leading NLP coaches. She helps hundreds of clients gain confidence and maximise their potential and is often a guest expert on TV and BBC Radio.

Users Review

From reader reviews:

Ruby Sprinkle:

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Angeline Stallings:

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book. It is really fun in your case. If you enjoy the book that you read you can spend the entire day to reading a book. The book *The Confidence Factor: The Seven Secrets of Successful People* it is very good to read. There are a lot of those who recommended this book. These were enjoying reading this book. Should you did not have enough space to deliver this book you can buy the particular e-book. You can more effortlessly to read this book from the smart phone. The price is not too fund but this book offers high quality.

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