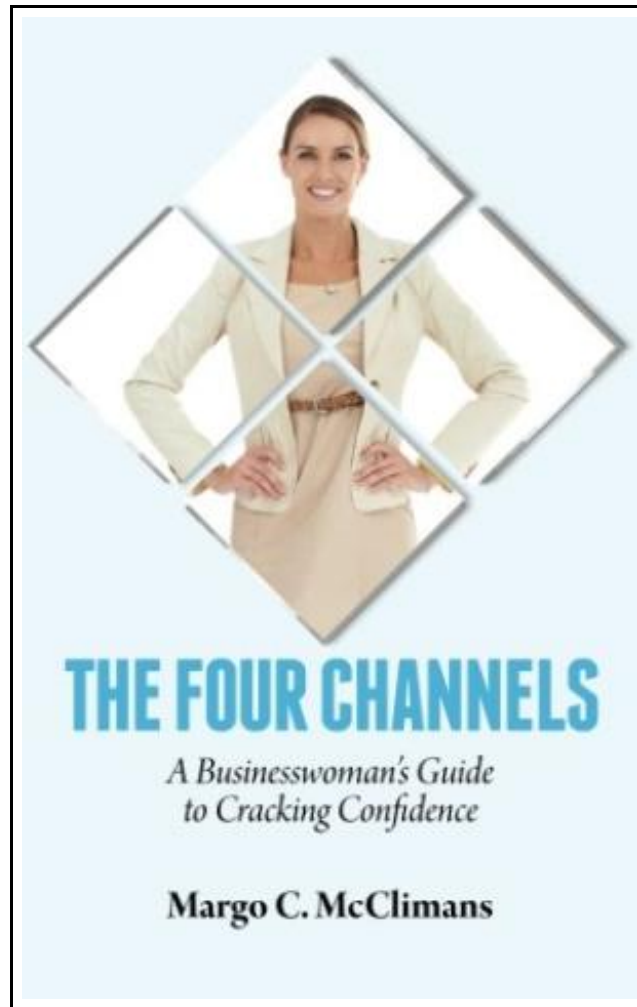


The Four Channels: A Businesswoman s Guide to Cracking Confidence (Paperback)



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Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.

(Melany Goyette)

THE FOUR CHANNELS: A BUSINESSWOMAN S GUIDE TO CRACKING CONFIDENCE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Gain the confidence to live your life in the uplifting new book, *The Four Channels: A Businesswoman s Guide to Cracking Confidence* Author Margo C. McClimans, CPCC, introduces you to quick and easy exercises that will set you on the path toward success in both your personal and professional life. A quick read that can be referred to again and again, this handbook employs techniques that McClimans has developed during her time as an executive and leadership coach-and you have a chance to reap the benefits! You will learn a variety of different tips and tricks that will benefit you in the quest for confidence, including what mental and physical roadblocks prevent most women from achieving high levels of self-confidence, ways to recover from the inevitable self-esteem setbacks, how to create and implement a confidence action plan that really works, and so much more! While the obstacles of daily life are often unavoidable, many women don t even realize that they are often their own worst enemies when it comes to low self-esteem. But with McClimans s new book, this cycle of self-sabotaging behavior can stop-and a new cycle of self-respect and confidence can begin!.



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