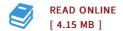




## The Confidence Course (Paperback)

## By Walter Anderson

HarperCollins Publishers Inc, United States, 1998. Paperback. Condition: New. New edition. Language: English . Brand New Book. The confidence Course is real, not psychobabble. Walter Anderson shares practical, insightful advice based on real-life experience. It touches people -- and it works. It s not the usual feel-good counseling that doesn t last. -- Alexandra Penney For those afflicted with self-doubt, The Confidence Course is as sharp as a surgeon s scalpel and as sweet as salvation. It shows you how to reach down into your own pain and mine it for the jewels within. --Andrew VachssBased on Walter Anderson s popular course at the New School for Social Research in New York City, The Confidence Course teaches you how to make anxiety your ally and overcome crippling self-doubt. In 20 interactive lessons, complete with exercises and real-life examples, renowned storyteller and editor of Parade magazine, Walter Anderson combines his gift for helping people tell stories with his Marine Corps training and presents a series of lessons that become a way of life.There are chapters on simple and practical matters like How to Overcome Shyness, How to Handle Mistakes and How to Handle Criticism, as well as larger lessons like...



## Reviews

This is the best book i have read until now. It can be filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

## -- Nadia Konopelski

Very useful to all of class of people. It is really simplified but unexpected situations within the 50 % in the ebook. I am delighted to let you know that this is actually the best book i have read in my personal daily life and can be he finest ebook for at any time. -- Gwen Schultz

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