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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.

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