



Emotional Confidence: Guide To Understand Your Fears, Overcome Your Anxieties, And Handle Your Shortcomings - Control Your Insecurities

Zoe McKey

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Are emotional insecurities and a lack of self-confidence get you knocked down and feel you can't bounce back? Do you often feel uneasy and nervous, perceiving yourself inferior to others? If you think you can't turn these feelings around, you're wrong. These emotional insecurities can be changed, and improved, only by understanding the nature of the emotions and learning the solution to handle them. Everything that you fear now and believe impossible is achievable if you learn how to put your strengths to action. Chase away your limiting beliefs, fears, and obstacles, and welcome your emotionally stable, courageous self! Emotional Confidence is a collection of 11 stories of emotional insecurity and the antidotes that even the most successful people used to overcome their greatest fears and self-sabotaging habits. It is a painful process to face our greatest weaknesses, vulnerabilities and flaws, nevertheless we must if we want to learn to handle them and leave their negative effects behind. In the book I will talk about 11 emotional insecurities following the same solution structure each time: I present the insecurity through a real life example, followed by telling what problems can that particular insecurity infuse into your life. Then I unfold all the benefits your effort to overcome your problems can have, and finally I tell you the exact, actionable and realistic solutions how can you get there. This book is a collection of real life and expert tactics listening to which and your heart, I'm sure you'll get there: you carefree emotional security and unbreakable confidence. What will you learn from Emotional Confidence? * How to control your thoughts to take remarks less personal. * How to adapt to life tasks in the face of social disadvantage or highly adverse conditions. * How to identify your best self and explore your personal strengths. * How to use vulnerability in developing your ability to connect with others. Furthermore: *Overcome emotional insecurities with three simple 5-minute tactics. *Learn to control hypersensitivity. *Handle hidden forms of emotional insecurities as arrogance, aggression and overconfidence. *Kick yourself out of lethargy: quickly and sustainably. Understanding and learning to control our emotions opens up the greatest chance to all you've ever dreamed of: a happy and balanced life. From today to the rest of your life keep your head high, acknowledge your worthiness and know you deserve the best.

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