



# **Self-Confidence: Laws of Confidence To Achieve Your Goals and Overcome Fear (Self-Confidence Mastery, Overcome Fear, Achieve Goals) (Volume 1)**

*Petyr J. Chek*

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Unsure of Yourself? Learn How to Develop More Confidence in Your Abilities and Achieve Your Goals  
Most of us have no problems identifying goals we want to accomplish. It's putting these plans into action that is difficult. Sometimes we lack discipline or motivation. However, there's another reason why you might struggle to make changes in your life – you have low self-efficacy. What is self-efficacy? What are the main four sources of it? How can you develop more confidence in your abilities? Do you feel a surge of anxiety communicating with new people? Do you look at yourself in the mirror and feel resentment? Is your shyness and fears hindering you from living life to the fullest? Let's free you from these problems forever!

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