

Confidence - a crucial ingredient for success in so many areas of life, whether at work, in relationships or simply getting out there and enjoying yourself. Confidence coach Lisa Phillips knows that confidence is really an inside job, and that by adopting the right mindset and learning a few tricks, people can release the fears and blockages that may have previously held them back. Written in Lisas trademark warm and humorous style, The Confidence Coach will enable you to open the door to the life you want. Case studies are included throughout as well as practical exercises and Top Tips for unlocking your inner confidence.

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Growing up, I repeatedly heard I was the mistake of the family, the unplanned youngest of five children. As a result, I have always felt inferior, not good. Confidence -- a crucial ingredient for success in so many areas of life, whether at work, in relationships or simply getting out there and enjoying yourself.

The Confidence Coach by Lisa Phillips, , available at Book The Confidence Coach: Take Control of Your Life and Wellbeing.

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