



# How to Stop Being Insecure and Feel Good About Yourself: An Essential Guide to Building Self-Confidence and Believing in Yourself

*Francine Douglas*

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**If you're ready to shake off all insecurities and learn how to face the world with confidence, then this book is for you!**

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Every sensible person knows that they can benefit from continual self-improvement. It may be physical; perhaps you need to lose a few extra pounds or improve stamina so you aren't short of breath too soon. Or it may be a character trait or skill that will make enhance your life at work or at home, such as learning to be more patient or more organized. But when you become doubtful of your worth as a person because of something you don't have or can't do, this is an entirely different matter altogether. If you've been carrying around an insecurity about a certain inability or insufficiency for a long time, then it may be difficult to remember that your value as a person should not be dictated by this. In this book, I'm going to show you how to trace back your insecurities to their origin, and more importantly, how to let them go. I'll also show you various ways to take control of your thoughts and deal with the negativity in and around you. As you read this book, you will learn how to believe in yourself again so that you can face each day with self-esteem, confidence, and a smile on your face. Let's get started!

## Here Is A Preview Of What You'll Learn...

- Identifying the Root of Insecurities
- How to Take Responsibility for Your Thoughts
- Dealing with Negativity
- Paving Your Own Path to Happiness
- How to Stay Positive Should Insecurities Reappear
- Much, much more!

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