



Self Improvement Box Set (3 in 1): Learn Helpful Tips To Build Self Esteem And Find Inner Happiness (Positive Thinking, Facing Fears, Goal Setting, Finding Happiness)

Kathy Stanton, Riley Stevens, Rick Riley

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Free Bonus Books Included!

Book 1: Living Confident And Loving It: How To Build Self Confidence, Overcome Insecurity And Reach Your Full Potential

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

- Causes of Low Self-Confidence
- How to Build Your Self-Confidence
- How to Set Goals in Your Life
- How Healthy Eating and Exercise Can Build Confidence
- The Trick To Positive Self-Talk!
- Helpful Positive Affirmations You Can Apply In Your Life Right Now
- Much, much more!

Book 2: Living Happy And Loving It: 40 Steps To Discover And Unlock Your Inner Happiness For Life

In This Book You Will Learn...

- Why Unhappiness is a Bad Thing
- Why are you Unhappy?
- Happiness and its Positive Effects
- 20 Ways You Can be Happy
- 20 More Ways You Can be Happy!

- How to Implement the Steps in This Book in Your Life
- Additional Strategies To Maintain Happiness
- Much, much more!

Book 3: 50 Ways to Change Your Life in 50 Minutes: Discover 50 Habits To Change Your Thoughts, Utilize Your Emotional Intelligence And Achieve Success

Here Is A Preview Of What You'll Learn Inside This Book...

- What is Emotional Intelligence?
- How Does Emotional Intelligence Help Us?
- How to Keep the Negative Out and Positive In!
- How to Change Your Thoughts Right Now!
- Success is Within Your Reach, So Grab It!
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