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Confidence at Work: Get It, Feel It, Keep It

Ros Taylor

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Confidence is the foundation of success. It empowers you to do more and do it better. While many of us have learnt to fake it to limited affect, how many of us can say that we have cultivated self-belief from within? By navigating the fascinating psychological theories and latest thinking, *Confidence at Work* takes you on a journey of self discovery to help you become bold, charismatic and influential at work. Beginning with an in-depth questionnaire to understand your 'confidence quotient,' it encompasses leading theories and insights including those of Daniel Goleman and Tony Buzan. Including twenty case studies of successful people from all walks of life, *Confidence at Work* will help you understand the reasons behind lack of confidence and overcome any hindrances, ensuring that you can handle difficult people with elegance, create your own personal brand and excel in your career.