



## Confidence in a Minute

*Tony Wrighton*

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## **Confidence in a Minute** Tony Wrighton

You're about to discover the key to instant confidence. Offering quick-fix confidence boosts based on the principles of NLP (Neuro-Linguistic Programming), this easy-to-use, down-to-earth guide will enable you to overcome the key barriers to confidence that can affect all areas of your work and personal life, from big presentations to awkward social situations.

You'll discover how to:

- visualise success (rather than failure)
- master body language
- prepare effectively (rather than exhaustively)
- harness your nerves, and much, much more.

With Tony Wrighton's help you'll feel more confident in minutes, not weeks or months.

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