



## This Book Will Make You Confident

*Jessamy Hibberd, Jo Usmar*

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## **This Book Will Make You Confident** Jessamy Hibberd , Jo Usmar

Have you ever felt like something is holding you back? That other people seem to breeze through life, but self-doubt and insecurity prevent you getting the things you want – at work, in family life or relationships? Well, fear not: no matter how low you feel it is possible to overcome vicious cycles in your mood and behaviour. This little book will allow you to change how you think.

Dr Jessamy Hibberd and Jo Usmar will provide you with the tools to build your self-esteem and realise your full potential. With practical exercises and techniques based on the very latest cognitive behavioural therapy (CBT) research, their friendly results-driven approach will give you a new sense of confidence in every area of your life.

## **This Book Will Make You Confident Details**

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Author : Jessamy Hibberd , Jo Usmar

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## **From Reader Review This Book Will Make You Confident for online ebook**

### **Rana says**

One of the best books ever about self development !

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### **Shaikha says**

Great book. Simple rules. Highly recommended. It gives you advise how to reduce your negative thoughts and then how will it affect your attitude.

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### **Maryam says**

This book is by Dr Jessamy Hibberd and Jo Usmar. They have provided in this book the best tools that will help people to build their self-esteem and know their best potential and their best Qualities in their personalities with the new cognitive behavioral therapy (CBT) research, which is practical exercises and techniques, which will help people to over come their low self- steam in their daily life at work, in family and in their relationships. And they will b able to say their opinions with confidence and not be afraid with what other people would say about them. Also it will give them a new feeling of confidence in their life.

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### **George Araman says**

Interesting 'hands-on' book

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### **Haya ald56 says**

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### **Jenny says**

I started this book in advance of a presentation I had to give, in the hope it would help as public speaking isn't my favourite thing. It contained some helpful tips about confidence and going after what you want in life. However, I didn't find it as good as the 'Calm' book in the series, and didn't hurry to finish it.

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### **Rehab says**

Boring kinda off !! Good but isn't perfect

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### **?veganbookwormwitch? says**

Another great Book in this series-As always, great chapter structures, practical exercises & relatable language. A great guide to increasing your confidence-& to life in general!

This is the last one in the series that I own at the moment-But I'd like to read the Mindfulness & Sleep ones at some point, to complete the set.

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### **Wilde Sky says**

A self-help book aimed at increasing personal confidence.

I found this book contain some reasonably helpful suggestions.

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### **Nicki says**

Some interesting pointers but didn't do any of the exercises

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### **Mrs J Quinn says**

#### **Understanding LSE**

I chose to read this book because I wanted to help my daughter who has been suffering with low self esteem and also to better understand my husband who has had many issues. This book gives clarity at a very basic level. Having seen in print some of the thought patterns that both of my family members have had has helped me in many ways to understand and accept how they have suffered, why they have behaved in certain ways and how I can help them help themselves.

I was sceptical about the book before hand but decided to take a chance ,I am glad that I did!

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### **Zahra Yaqoub says**

The thing about me is that I don't like self-help books; I don't find them useful at all.

But as you can see i gave this book 3 stars

What's different about this book is the way it gives you more information about the problem that you may have, so you put that book back with more mental health knowledge even if you finish the book without actually getting any 'help'.

I gained so much knowledge by reading this book.

There're some strategies in this book that actually helped me and I actually tweeted about one, which is 'Your good bits record' it helped me a lot when i was feeling down because of a school project.

It was a light and good read, not a waste of time..

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### **Hemlet Kiai says**

i find this book to be practical. the tips and techniques are easy to follow. should be easy peasy for me, right?

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### **Melek says**

Maybe reading three self-help books in a row wasn't so good an idea after all. In my defense, those three combined make less than a regular 500-page self-help book, so I thought it would be okay. It wasn't.

I don't know how smart it is to say "info-dumping" for a nonfiction book, but honestly, this is what it is. Again, it has good parts and most of the strategies it includes are totally applicable, but the examples sounded too exaggerated to me and this book could easily be around 100 pages. While I appreciate your persistence on keeping them 160-page, quality is more important. And it's never a good sign if the reader is more interested in what's going to happen to people in your examples than the actual informative part of the book.

Overall, 3/5.

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### **Lorraine Baker says**

I won this book through the goodreads advance reading programme and it is a must for all to read. Everyone will find something in it that relates to them and there is a lot of helpful information and tips. I am passing it onto a friend as she is wanting to read it after I quoted parts aloud to her. Honestly there is something to help everybody in this little book.

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