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Before I tell you the secret though, you have to realize the error that most people make. Most people with low-confidence and low-self esteem, think that confidence is about thinking you're good at something, and self-esteem is about thinking you're a good or worthy person in general. They think it's about having "high value" or whatever.

What is the secret to confidence and self esteem? Why is it that some people seem to have all the luck? Brimming with confidence, happiness and success they have a strong sense of love and belonging while other people, no matter how hard they try, are always wondering if they're good enough?

**Confidence: The Secret: Katie Piper: 9781784295189: Amazon ...**

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The secret to confidence in sales (and life) is: Success and failure. You need to expose yourself to plenty of both. More than most people dare to. To be truly confident, you need successes. You need to experience the feeling of accomplishing goals and winning in life. But that's only the first building block of confidence.

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She now runs a business that helps people find confidence and calm in the theatre of life. Caroline is the author of Gravitas: Communicate with Confidence, Influence and Authority (Ebury) and can ...

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in confidence, as a secret or private matter, not to be divulged or communicated to others; with belief in a person's sense of discretion: I told him in confidence.

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Here's how to fight the voice that questions your abilities, overlooks your achievements, and beats you down for your apparent failings.

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