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Self-confidence is a bit like the running water in your house. You may not know every detail about how it works or where it comes from, but it's painfully obvious when it's not there.

2) do something to try and pick yourself back up. Sometimes, number 2 isn't so easy, though. That's why we came up with 10 things you can do when you're not feeling your best to get that smile back on your face. 1. Stop Being so Hard on Yourself We put a lot of pressure on ourselves. While it ...

How to Stop Feeling Empty. Do you wake up in the morning feeling like there's no good reason to get up and face the day? Emptiness is a feeling all humans experience from time to time, and it's not easy to pull yourself away from it...

Research shows that women's confidence increases more with age than men's. But consider the many opportunities lost in early years because of fear and lack of confidence.

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### I See Fat People | Psychology Today

**Stop asking 'how are you?' Harvard researchers say this is ...**

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**7 Real World Examples of Dog Body Language with Pictures ...**

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### Practical Ways to Improve Your Confidence (and Why You ...

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