

Are You Good Enough?

"A terrific read - an invaluable insight into confidence."

EAMONN HOLMES



Bill McFarlan & Dr Alex Yellowlees

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Following the success of Drop the Pink Elephant , Bill McFarlan and leading psychiatrist Dr Alex Yellowlees from The Priory, offer explanations about what affects confidence and practical advice to build confidence to become a happy, well-rounded individual. Whether you are leading a high powered corporate lifestyle, at home raising a family, studying at university or unemployed Are You Good Enough? will help to create confidence and boost it so that you reach your goals, banish low self- esteem and eliminate self-doubt, explained in terms that all can understand. Imagine being able to replace negatives with positives, having clarity and being able to pay and accept compliments with sincerity. Think about how good it would be to be direct with your manager about being overworked on your project and not being able to make a deadline without feeling anxiety and stress. Gain knowledge in pruning friendships from unhealthy “all take” and “no give “ to healthy balanced friendships. Learn how to boost your own confidence and pass your awareness of self-esteem onto your children, encouraging them to thrive and be confident adults. It is not possible to alter the past and your own set of circumstances that had detrimental consequences on your mindset but it is within your grasp to learn how to change your attitude and outlook to become that contented, confident person you would like to be . Let Are You Good Enough ? based on real life experiences, triumphs and tragedies and solutions to deep-seated problems, show you how.

作者介绍:

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标签

修养励志

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