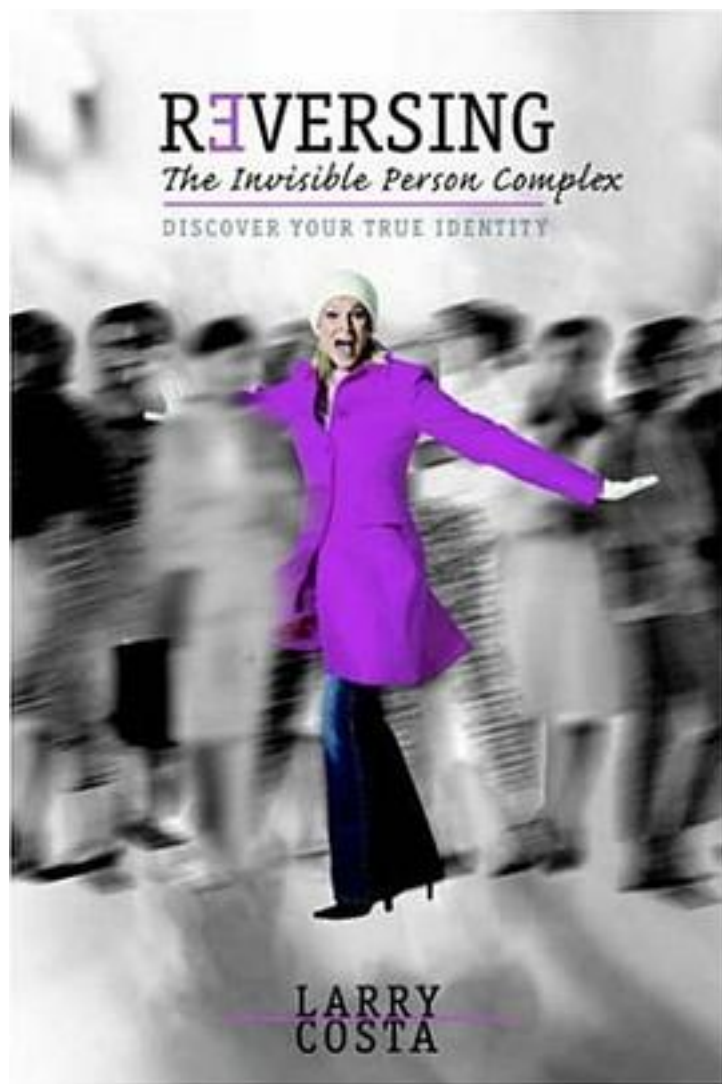


Reversing the Invisible Person Complex



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出版者:Benbella Books

出版时间:2006-11

装帧:平装

isbn:9781932100679

This empowering handbook reveals how shy, wallflower types can regain control of their lives by building self-esteem, engaging in healthy relationships, and presenting their best possible self to the world. According to this guide, the Invisible Person Complex (IPC) affects every dimension of a person's life from home to work to relationships and sufferers often feel incapable of asserting themselves in a powerful, visible way. By following the instructions and using the provided tools, persons suffering from IPC learn how to get rid of negative manifestations and instead create and nourish a more confident, healthy, and relaxed state of mind. Practical sections focus on developing self-assurance in the workplace, learning how to accentuate the positive, and accepting one's appearance.

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