



Confidence Your Secret Weapon: A Guide to Building Confidence

Ashley Korin McLean

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Confidence Your Secret Weapon, is a personal development guide that provides readers with the tools they need to develop self-confidence, high self-esteem, and set goals to achieve their dreams. Ashley Korin McLean shares the concepts, skills and techniques that helped transform her from a timid and shy teenager, to a successful model, author and motivational speaker.

Confidence Your Secret Weapon delivers basic exercises designed to help instigate confidence building tactics and methodologies that can be utilized in everyday life. *Confidence Your Secret Weapon*, will also help readers form a healthy and self-assured thought process, and to recognize that confidence is a never ending journey, where there is always room for growth and improvement.

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Ashley Korin McLean

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