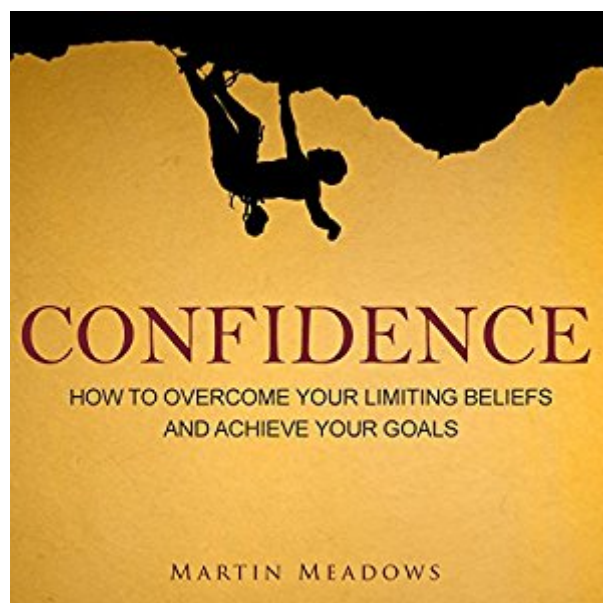


The book was found

Confidence: How To Overcome Your Limiting Beliefs And Achieve Your Goals



Synopsis

Most of us have no problems identifying goals we want to accomplish. It's putting these plans into action that is difficult. Sometimes we lack discipline or motivation. However, there's another reason why you might struggle to make changes in your life - you have low self-efficacy. What is self-efficacy? What are the main four sources of it? How can you develop more confidence in your abilities? These are some of the questions I'll answer in this short book. The advice you're about to read is based both on scientific research and my personal experience. I will share fundamental knowledge that will help you build more confidence in your abilities and reach your goals.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 2 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Meadows Publishing

Audible.com Release Date: August 5, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B013GSPF4S

Best Sellers Rank: #34 in Books > Medical Books > Psychology > Applied Psychology #94 in Books > Health, Fitness & Dieting > Psychology & Counseling > Applied Psychology #99 in Books > Self-Help > Stress Management

Customer Reviews

Martin Meadows has delivered a solid book on the topic of self-confidence. The core of the content focuses on self-efficacy which, as the author explains in detail with clear examples, is at the heart of a person's ability to function. This is especially true for people with low efficacy because they don't believe that they can do it. They spend their whole lives struggling with trying to build up confidence in so many ways but, as Martin points out, efficacy is the lesser-known reason many people miss. Having read a lot of books on how to build self-confidence, this is the first one I have read that focused primarily on the core concept that self-efficacy is the main problem. While many other factors may contribute to a person with low confidence, Martin offers lots of suggestions and well-researched articles that prove to readers if they boost their self-efficacy, they can elevate confidence to a level that makes anything possible. Chapter 1 reveals what efficacy is and how

people with a strong sense of efficacy can master certain skills. But people with weak efficacy struggle master anything and avoid challenges.â € Chapter 2 is about mastering the fear of failure. By desensitizing yourself to failure through rejection, you can strengthen your efficacy by overcoming obstacles and producing just small wins at first.â € Chapter 3 is about social meddling and how you can strengthen yourself further by watching others succeed. This can happen through having a mentor or accountability partner/mastermind group. You have a better chance of succeeding by hanging around with people who are on the same level as you and act as a support team.â € Chapter 4 is about social persuasion and psychological responses.

[Download to continue reading...](#)

Confidence: How to Overcome Your Limiting Beliefs and Achieve Your Goals Limiting Beliefs: 7 Ways to Stop Limiting Beliefs in 7 Days Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety, Confidence, Charisma, Introvert) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals Superhero Killer Confidence: Easy Actions to Boost Your Self-Confidence through the Roof, Overcome Your Fears and Break through Any Barrier: (Become Unstoppable and Live Life to the Fullest) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) Picking and Sticking with New Year's Resolutions beyond January (Inspiration, quick read): On the road to your goals (New Year's Resolution, goals, organization) The Caffeine Advantage: How to Sharpen Your Mind, Improve Your Physical Performance, and Achieve Your Goals--the Healthy Way Hinduism: History and Gods (Ultimate Guide to the Hindu Religion, Gods, Rituals and Beliefs) (Hinduism Beliefs and Practices Book 1) The All-New Atkins Advantage: The 12-Week Low-Carb Program to Lose Weight, Achieve Peak Fitness and Health, and Maximize Your Willpower to Reach Life Goals ATKINS: Atkins Diet - A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) Unstoppable: 10 Powerful Habits To Become Unstoppable, And Develop A Strong Confidence To Finally Destroy Self-Doubt Forever (Achievement, Success, Solve Problems, Reach Your Goals,

Relentless) The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection 10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals (The New Harbinger Ten Simple Solutions Series) Law of Attraction: 7 Secrets to Put in Action the Law of Attraction on a Daily Basis and Successfully Manifest Abundance, Confidence, Money, Healthy and ... The Law of Attraction, Beliefs, Abraham) La Magia Del Pendulo Para Principiantes/ Pendulum Magic for Beginners:power to Achieve All Goals (Spanish Edition) The Habit Factor: An Innovative Method to Align Habits with Goals to Achieve Success

[Dmca](#)