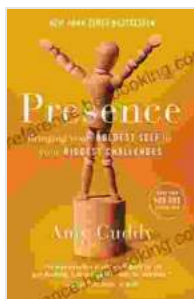


Bringing Your Boldest Self to Your Biggest Challenges

Unleash Your Inner Strength and Achieve Your Goals



Presence: Bringing Your Boldest Self to Your Biggest Challenges by Amy Cuddy

★★★★☆ 4.6 out of 5

Language : English
File size : 2098 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled

Word Wise : Enabled
Print length : 306 pages



In this inspiring and practical book, bestselling author and renowned speaker Erica Stanford shares her proven strategies for overcoming self-doubt, embracing your strengths, and achieving your boldest dreams.

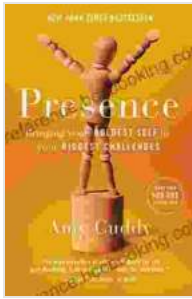
Drawing on her own experiences overcoming adversity, as well as the latest research in positive psychology and neuroscience, Stanford offers a roadmap for personal transformation that will empower you to:

- Identify and challenge your limiting beliefs
- Develop a growth mindset and embrace challenges
- Build resilience and bounce back from setbacks
- Set audacious goals and take bold action
- Create a supportive network and surround yourself with positivity

Whether you're facing a career challenge, a personal obstacle, or simply want to live a more fulfilling life, *Bringing Your Boldest Self to Your Biggest Challenges* will provide you with the tools and inspiration you need to succeed.

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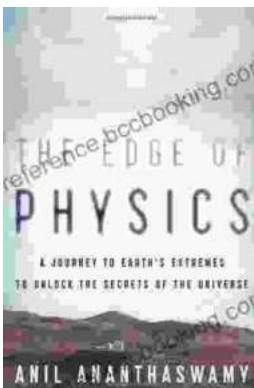
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