



Being Confident: Tips and Techniques to Help You Unlock Your Potential

Judi James

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Would you like the confidence to achieve your goals and go for whatever you want?

The good news is that anyone can learn how to be more confident and assertive. All it takes is some simple techniques and a change of attitude.

Body language expert and motivational speaker Judi James reveals the secrets to transforming your confidence. Learn how to:

- master the art of small talk
- be assertive in the workplace
- make a great impression on a first date
- impress others with your public speaking or performing
- be ready to crack any social scene

This is an empowering guide that will give you the confidence to impress in any social situation.

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