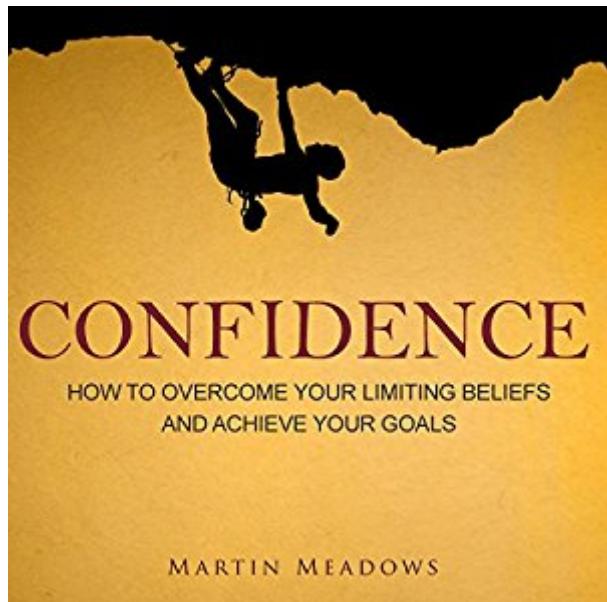


The book was found

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

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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. 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. 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. Chapter 4 is about social persuasion and psychological responses.

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