



The Little Book of Confidence: Cool. Calm. Collected (The Little Books)

Tiddy Rowan

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There must be few people who have never felt a lack of self-confidence or heightened self-awareness when going to a party, meeting, or social occasion. Reading this book will help transform a wallflower into a sunflower. *The Little Book of Confidence* shows us how to challenge our preconceived notions about confidence. Through tips, quotes, and practical exercises we can learn how to restore or improve positive faith in ourselves through heightened levels of competence, compassion, and self-awareness.

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