

PDF Book Own Your Greatness: Overcome Impostor Syndrome, Beat Self-Doubt, and Succeed in Life

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ISBN-13: 9781646040247

Stop letting impostor syndrome hold you back! This guided workbook of interactive exercises and research-backed activities will help you conquer self-doubt, realize your true worth, and enjoy your success. How many times have you thought that everyone is crushing it except you? How often have you looked at one of your accomplishments and attributed it to luck or the help of others? It can be difficult to acknowledge our own successes and skills, and overcome the feeling of being an impostor. But moving past that feeling is crucial to continuing down the path to even greater success and happiness. Own Your Greatness will give you all the tools you need to recognize and overcome the impostor syndrome that is holding you back. Packed full of research- and therapy-backed exercises, prompts, and activities, this interactive workbook will help you Identify the root causes of your impostor syndrome Recognize your natural skills and strengths Gain the confidence to lead Speak up for yourself Feel comfortable receiving and giving praise With this book, you'll acknowledge the skills you bring to the table, understand that you truly deserve your success, and take steps to a successful, happy, and fulfilled life.

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 Difficulté **Difficile**

 Durée **784 heure(s)**

 Catégories **Alimentation & Agriculture, Recyclage & Upcycling, Robotique**

 Coût **910 EUR (€)**

Sommaire

Étape 1 -

Commentaires

Matériaux

Outils

Étape 1 -