



Perfect Confidence Perfect Relaxation

By Jan Ferguson, Elaine Zeil

Bolinda Audio, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Perfect Confidence is the ideal companion for anyone who wants to boost their self-esteem. Covering everything from communicating clearly to handling conflict, it explains exactly why confidence matters and equips you with the skills you need to become more assertive. Whether you need to get ahead in the workplace or learn how to balance the demands of friends and family, Perfect Confidence has all you need to meet challenges head on. Perfect Relaxation is perfect for anyone who wants to learn how to remain calm and controlled in challenging situations. Covering everything from how to stop obsessing and how to start thinking positively. It gives step-by-step guidance on beating stress and shows you how to make relaxation a part of your everyday life. With helpful suggestions for instant calming techniques and daily exercises to combat tension, Perfect Relaxation has everything you need to bring your stress levels under control.



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