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# The Self Esteem Collection: Unleash Your Confidence - 4 In 1 Bundle



## Synopsis

Live a life of confidence and power. Put the past in the past, embrace your future, and start building positive self-beliefs and self-esteem. This hypnosis program from world-renowned life coach and hypnotherapist Amy Applebaum helps you develop the positive thinking and empowering self-beliefs that will encourage and motivate you, and leave you feeling confident and strong. This bundle of hypnosis programs has been specifically designed to help you build beliefs for confidence and self-esteem. Boost that self-confidence today!

## Book Information

Audible Audio Edition

Listening Length: 5 hours – 49 minutes

Program Type: Audiobook

Version: Unabridged

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Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) Boundaries : The Power Of NO (Codependency, Social Anxiety, Assertiveness, Self Confidence, Self Esteem, Toxic Relationships) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals Afirmaciones [Affirmations]: Aumenta tu confianza y tu autoestima [Increase Your Confidence and Self-Esteem] As You Are: Ignite Your Charisma, Reclaim Your Confidence, Unleash Your Masculinity Confidence & Self-Esteem for Teens Self Esteem : 4 Manuscripts - Anxiety, Confidence, Depression, Introvert Self-Therapy for Your Inner Critic: Transforming Self Criticism into Self-Confidence

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