



# The Confidence Plan: How to Build a Stronger You

*Tim Ursiny PhD*

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## **The Confidence Plan: How to Build a Stronger You** Tim Ursiny PhD

Few other factors impact your life as much as your personal confidence. The Confidence Plan is a revolutionary guide that gives you a step-by-step process for building a more confident you. This smart and practical book addresses five essential paths to help you boost your self-confidence.

Many people want to grow in confidence, but they try to do it without a plan. And while most confidence books may make you temporarily feel good, they fail to give you concrete ways to grow. The Confidence Plan changes that by offering a six-week practical program for taking your confidence to the next level.

Using examples of unstoppable people whose mindsets have become even stronger than before, Dr. Tim Ursiny shows how you can do the same by following a step-by-step program focusing on:

- o Mental strategies for forming beliefs that lead to peak performance
- o Emotional approaches for feeling a deep confidence
- o Behavioral tactics for creating actions that lead to success
- o Relationship factors to develop a community that recharges you
- o Spiritual centeredness that creates unbreakable confidence by living your purpose and mission

Dr. Tim's unique, holistic approach guides you through the science and habit of optimism and success, including:

- o Research on what makes people happy and successful
- o Links to free guides and resources for trainers, coaches and individuals
- o Practical, immediate action steps for busy people.

No matter what your current level of confidence, The Confidence Plan can help you take it to the next level.

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