



Morning Habits to Boost Your Self Esteem: Discover a More Confident You Today

By A W O Connor

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The first thoughts and things you do upon waking in the morning fairly determines how the rest of your day will pan out. Those first thoughts and actions set your path of determination for the day ahead. Every morning can begin with either peace and confidence or doubt and dread of the mundane day before you. What if there were simple tools that could help build your self-esteem as soon as you opened your eyes every morning? What if you discovered how to be more confident and successful with only a few small changes in your daily morning routine? Morning Habits to Boost Your Self-Esteem by A.W. O Connor, author of Manifest Your Dreams and Emotional Mastery, gives you solid tools to begin your day with confidence and improved self-esteem. In this introductory level book, Mr. O Connor understands you do not want complicated, time consuming or overwhelming rituals. What better way to start your day than with easy to implement morning habits that will automatically improve your self-image, self-esteem and add confidence in everything you do? This...



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