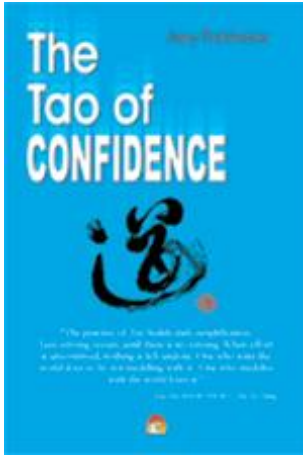




## The Tao Of Confidence



**Author:** Aery Prabhakar  
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The most comprehensive and powerful manual ever written on the subject of self-confidence. Self-confidence is not an inborn trait or a quality but a practical set of thoughts, beliefs, habits and behaviours which can be learned, in an organised step-by-step format by anyone desiring to create the life of one's deepest dreams.

"The practice of Tao builds daily simplification. Less striving occurs, until there is no striving. When effort is uncontrived, nothing is left undone. One who wins the world does so by not meddling with it. One who meddles with the world loses it."  
-Lao-Tzu (604 BC-531 BC) - Tao te Ching

"Aery's passion to help you develop unshakeable confidence comes through on every page."  
—Marie Forleo, Author, Fox News Online Life Coach, Dancer/Choreographer & NIKE Athlete

"The Tao of Confidence will help you break the shackles of fear and disbelief to discover your limitless power to create the life of your dreams."  
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Fabulous resource guide. Well-organised, easy-to-follow, well written, easy-to-read and understand — and to act upon!  
— Frank Feather, Business strategist, author, public speaker

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The Silent Language of Confidence  
Master Your Sexual Self



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