



Yes You Can: Believe That Dreams, Goals & Ambitions Can Be Achieved

Emily Glancy

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This is just one part of a number of guides which will follow. In this part I ask, do you struggle to believe in your own potential? Do you have dreams and goals that you would like to achieve? This short guide will help you to find ways of overcoming issues such as fear of failure and having low self-confidence. Hear some inspiring stories of people who have achieved against all odds. We can be our own worst enemies, discouraging ourselves from realising goals that we may wish for in life. Short chapters include:-

Where did doubt creep in?
Dreams, Goals & Ambitions
Believing in the words 'I can'
Fear of failure
Installing confidence in children
When the going gets tough... Dont quit!
Putting things off?
Being bold in business and employment
Living proof

Whatever it is that is holding you back, now is the right time to believe in you!

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