

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



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### **Reviews**

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(Dr. Teagan Beahan Sr.)*

## MORNING HABITS TO BOOST YOUR SELF ESTEEM: DISCOVER A MORE CONFIDENT YOU TODAY

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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 book is written from Mr. O Connor s personal experiences and practices that have helped him build his self confidence and manifest his own dreams. Join him as he shares the basic simple tools that are guaranteed to build your self-esteem and confidence. You have the power to control your emotions and your thinking. You have the power to be happy, and you certainly have the power to live a life with confidence. A good place to start is right here with this easy to read, and simple to implement book. A.W. O Connor has clearly shown how you can...



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