# Confidence

# DUMMIES

### Learn to:

- Recognise your strengths and believe in your ability
- Develop your confidence both personally and professionally
- Get the results you want, whatever the situation

## **Kate Burton**

Author of Neuro-linguistic Programming For Dummies

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Personal Professional Development Expert



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# Confidence FOR DUMMIES® 2ND EDITION

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# by Kate Burton and Brinley Platts



### Confidence For Dummies®, 2nd Edition

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# About the Authors

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In addition to co-authoring *Neuro-linguistic Programming For Dummies, Neuro-linguistic Programming Workbook For Dummies,* and *Confidence For Dummies,* Kate is the author of *Live Life, Love Work* (published by Capstone, a John Wiley & Sons imprint). Her latest addition to the *For Dummies* personal development range is *Coaching with NLP For Dummies*.

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Now it's over to you the reader to make this book really work for you. Please take the baby now and run with it!

**From Brinley:** After a long and relatively conventional business career it is an amazing thing to reconnect with the passions and drivers of my youth and find them all as fresh as they were in the 1970s and bursting for their opportunity to be fully expressed in the world. This has been my experience over the last 4–5 years and I am grateful to everyone who has played a part in my awakening.

My mission now is to be an awakener to anyone who feels there should be the opportunity for a full and rich life that integrates home and work and which doesn't 'cost the earth'.

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I encourage you, the reader, to take on your work in the world with a renewed confidence and sense of purpose. The world is changing and it needs to change further and faster. With your commitment we can make it happen.

### **Publisher's Acknowledgements**

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