



Real Confidence: Stop feeling small and start being brave

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***Psychologies* provides their inspirational yet rigorous approach to the perennial topic of confidence**

How confident are you? If you feel like your confidence could do with a bit of a boost to help make personal and professional situations easier *Real Confidence* will help you take on the confidence robbers, keep track of your confidence daily and incorporate confidence-building habits into your life on a regular basis.

Written in association with *Psychologies Magazine*, the leading magazine for intelligent people, covering work, personal development and lifestyle issues *Real Confidence* is:

- Packed full of tips, techniques and advice to help you build your confidence
- Based on scientific evidence and cutting edge global research
- Rigorous with credible content presented in a light and accessible manner
- Inspirational yet down to earth and practical

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