



Think Confident, Be Confident: A Four-Step Program to Eliminate Doubt and Achieve Life long Self-Esteem

Leslie Sokol, Marci Fox

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A practical four-step cognitive therapy program for overcoming self-doubt and fear?from leading experts in the field.

Long-time associates of the Beck Institute, Drs. Sokol and Fox share their practical, four-step cognitive therapy program for overcoming self-doubt and fear, building confidence, and maximizing potential in all areas of life. Their unique program enables the reader to identify and examine those areas where self-doubt gets triggered and interferes with their potential. As the self-doubt becomes more externalized, readers are shown step-by-step how to determine if their fear is valid, and if not, how to overcome it. Readers will learn how to develop confidence and to base their actions on a new, more positive belief structure, resulting in a true and lasting form of solid self-esteem and confidence.

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