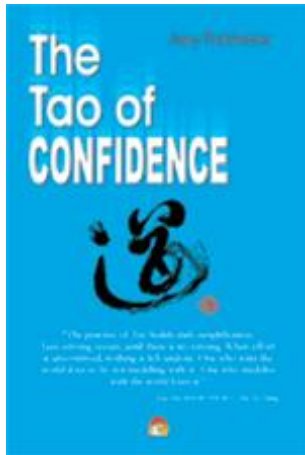




The Tao Of Confidence



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The most comprehensive and powerful manual ever written on the subject of self-confidence. Self-confidence is not an inborn trait or a quality but a practical set of thoughts, beliefs, habits and behaviours which can be learned, in an organised step-by-step format by anyone desiring to create the life of one's deepest dreams.

"The practice of Tao builds daily simplification. Less striving occurs, until there is no striving. When effort is uncontrived, nothing is left undone. One who wins the world does so by not meddling with it. One who meddles with the world loses it."

-Lao-Tzu (604 BC-531 BC) - Tao te Ching

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