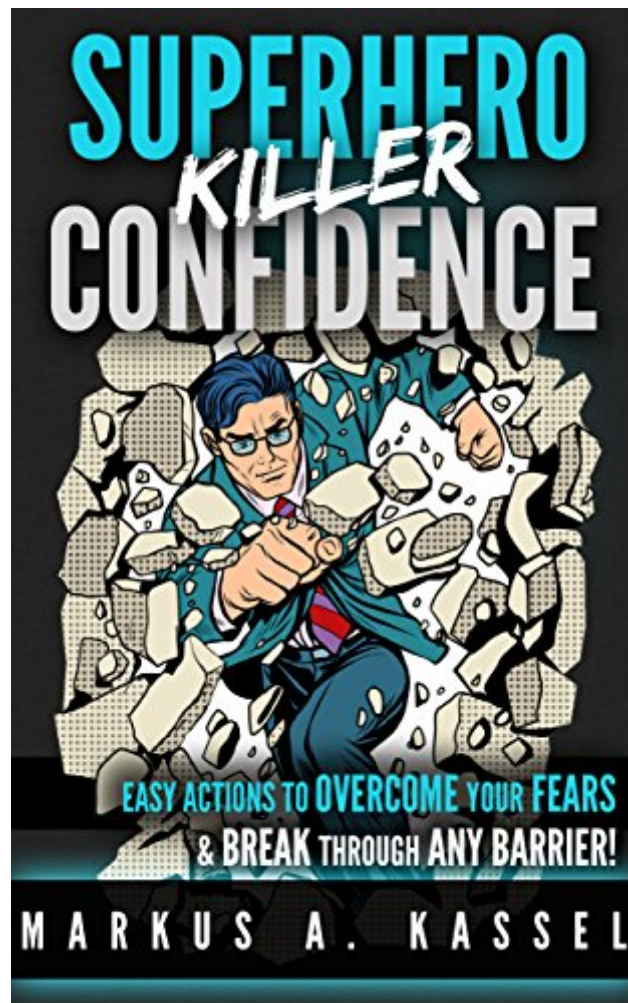


The book was found

Superhero Killer Confidence: Easy Actions To Boost Your Self-Confidence Through The Roof, Overcome Your Fears And Break Through Any Barrier: (Become Unstoppable And Live Life To The Fullest)





Synopsis

Isn't It Time You Stopped Letting Your Fears Dictate Your Life? Aren't You Tired of Constantly Doubting Yourself, Your Decisions, and Not Daring Taking Chances Because You Don't Believe You Got What It Takes? What if I told you there's a way to get rid of that nagging voice at the back of your head? To trust yourself and achieve everything you ever dreamed of? Finding the right person to share your life with, getting the job you always wanted; nothing is impossible once you break those mental obstacles which stand in your way. Because you should never settle for the average existence your lack of self-esteem is condemning you to, Superhero Killer Confidence will show you how to regain control and take a new lease on life! Uncover Your Limiting Factors In this book, we will analyze the different reasons behind your lack of self-confidence and detail a series of easy actions you can take RIGHT NOW to remedy the situation. You see, indomitable self-confidence is the secret ingredient to a rich and successful life. You can't expect to perform anywhere near your full potential if you don't believe first in yourself. And that's usually where the rubber hits the road. Because of people who've been belittling you and don't want you to succeed or negative past experiences, you've lost faith and you find yourself constantly second-guessing your every move. That is about to change today! Learn the Secrets to Unlimited Self-Confidence As a former self-conscious guy who used to be plagued with fear and doubt, I know what you're going through! When I went on a date or had to take an exam, I would start panicking and not knowing what to do. I ended up sabotaging my chances and letting my lack of confidence get the upper hand. But with time, and a lot of trial & error, I've found out the exact secrets to developing my inner strength. And from that day, my existence has never been the same! I've met a beautiful girl with whom to share my passions; I travel the world and do what I love for a living. In short, I'm living the dream! And I will show you how to do it too! No matter what's holding you back, I will show you how to smash that hurdle to pieces and reveal the inner power you've always possessed. Prepare Yourself for a New Life Full of Wonders as You Discover: How to become a risk taker and love it; How to recognize toxic people and kick them out of your life; How changing your perception of failure will make you succeed; How to nip your self-defeating behaviors in the bud; How to train and eat to boost your self-esteem; A few easy tips that only take a few seconds but which can instantly make you feel like a beast; And so much more! Yes, you can become your own man (or woman) and never let anyone's judgement ever affect you again! Yes, you can learn to feel comfortable and serene, no matter the situation! Yes, you can change and stop hurting. The only limits that exist are those that you impose on yourself. Are you ready to free yourself and become all you were meant to

be? Scroll up and click the BUY NOW button at the top and get on your way to Superhero Killer Confidence!

Book Information

File Size: 376 KB

Print Length: 86 pages

Page Numbers Source ISBN: 1535463988

Simultaneous Device Usage: Unlimited

Publication Date: July 22, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01IYENO7O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #103,036 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #73

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health > General #132 inÂ Books > Health, Fitness & Dieting > Men's Health > General #170 inÂ Books > Self-Help > Emotions

Customer Reviews

Our own Superhero, the extremely buff and handsome author Markus A. Kassel, earned degrees in Psychology and in Communications and a black belt in Karate, and is a ring-tested kick boxer. This combination of educational and physical training has allowed him to accumulate a vast wealth of knowledge, not only on the quickest means to attain one's physical peak but also on what it takes to toughen up mentally and develop a sharp, indestructible mind. In his initial REAL LIFE SUPERMAN books his emphasis was on training and muscle and strength building, becoming tougher and deadlier â " how to prepare to defend your self fighting! And that is precisely why he subtitled his editions How Overcome Your Limitations, Build Self-Confidence and Grow and Invincible Mind. Now he dares us to go for adventure and action to make us truly well rounded ready for anything Supermen Just as he did with is last books SUPERHERO SIX PACK and SUPERHERO ARMOR PLATED CHEST he expands his arena of knowledge and coaching and if there is any doubt as to

his exercise in this field, the physique of the sculpted hunk on the bio page is Markus himself! He pauses for books on aging, diet, and health and now reaches into our psyches with SUPERHERO KILLER CONFIDENCE. From Markus's previous books we have learned he is a pragmatist – get right down to the problem, teach the way out of the present state and move into the new enhanced you! In this new book Markus offers his manifesto about self-confidence. – When it comes to ultimate self-confidence, there are no better examples than superheroes. They're the people who look danger right in the face and run toward it. The ones who risk their own safety for the sake of those in need. They've seen evil up close and, still, they believe in (and fight for) good.

I received a complimentary copy of this book for an honest review Markus Kassell has a degree in psychology and this quick read of a book (Killer Confidence clocks in at 84 pages) proves that he was awake in class. Furthermore, Markus is an accomplished athlete, earning his black belt in karate and then doing what most of us would never do: get in the ring to test his skills. Translation: he walks the talk. It doesn't take long to read eighty-four pages, but the content of the book requires an extraordinary amount of work and introspection on the part of the author that few people are willing to make, or act on. Fact: You will die one day. Fact: You are not awesome at everything. Harsh? No. Realistic, and Markus's point is – among many – that many people talk themselves into quiet corners and live boring lives, afraid to act on their dreams because there is always an excuse. Markus offers refreshing insight on the other extreme: narcissism in society. He backs up what he has to say about narcissism, and the difference between self-esteem and self-confidence, from psychology journals without getting academic. The writing style is candid; at times, humorous, and above all, honest. I won't spoil it and tell you what his solution or plan is for building confidence because the price of the book is a lot cheaper than therapy and self-help books. What I can tell you is that FEAR is the culprit to better living. I'd say that people are afraid to be successful and self-confident because they are afraid of what they are capable of, or rocking the boat with others in their lives.

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