



Boost Your Confidence In 7 Days (So You Think You Can't Book 1)

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Growing up the enemy had me thinking that I was shy. I had always had a desire to make a difference in the lives of others. And, I was too paralyzed to speak. I hid behind my books and school. I would almost tear up if someone spoke to me that I did not know. I saw the world only from the lens of the print in 'the' books. That was where I would escape, and become outgoing and adventurous. I know how it feels to be so afraid that it silences you, I was that girl, until I was about 19 years old. What saddens me is today, many women have stopped living because of their mind. Most of you have so much untapped desire, talent, and potential. My message is a simple one... PLEASE do not fall prey to the noise in your head. It is all just an illusion. The voices and images are not real. They can be controlled with effort and inspired action. I know I mastered it. I want to share with you today that you are more powerful than not. Trust me on this one. I have been there, I wish I could tell you that it was easy to overcome. I would be lying to you if I said that. What I will tell you is that improving your overall confidence is doable. One step...one day...one breath at a time. Never again will you have to wonder if your journey to your next will happen. It certainly will. I am going to leave you this word of inspiration to accompany you on your new journey,"“Don't copy the behavior and customs of this world, but let GOD transform you into a new person by changing the way you think; then you will learn to know GOD's will for you, which is good and pleasing and perfect.”

Romans 12:2 (New Living Translation)

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John Lee:

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David Anthony:

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