



What's Holding You Back?: 30 Days to Having the Courage and Confidence to Do What You Want, Meet Whom You Want, and Go Where You Want

Sam Horn

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What's Holding You Back?: 30 Days to Having the Courage and Confidence to Do What You Want, Meet Whom You Want, and Go Where You Want Sam Horn

You never again need feel powerless in the face of uncertainty, awkward with strangers, or helpless in new situations. *With What's Holding You Back?*, Sam Horn shows you the way to a solid sense of self-assurance that doesn't depend on where you are or who you're with. This is a practical, user-friendly program that is filled with techniques you can begin using immediately. In *With What's Holding You Back?* you will learn how to:

- Walk into a room full of strangers and turn them into friends.
- Be a self-coach rather than your own worst critic, able to turn mistakes into lessons instead of failures.
- Converse with comfort and never again worry about what to say.
- Go places alone and have fun instead of being intimidated.
- Spring free from the comparison trap.

With Sam Horn's down-to-earth advice, amusing anecdotes, and no-nonsense wisdom, this valuable guide will benefit anyone-- regardless of background or circumstance-- who wants to move through life with ever-present grace, serenity, and strength.

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