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**July 19th 2020: Boost Your Self-Confidence
Now! Don't Be Your Own Worst Enemy**

Do you trust in your own abilities and judgment or let other people's opinion about you sway you and devalue you in some way? Have you ever really paid attention to how you treat yourself... like your own best friend or your worst enemy? We all have those voices in our head telling us we can't or we aren't good enough, smart enough or attractive enough to achieve something. Even if we think we don't! This show looks at what healthy self-confidence looks like, includes 8 Key Ways to Boost Your Self-Confidence and has a deep dive into your subconscious to confront those self-confidence breaker voic

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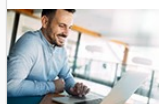
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