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Rewiring the Anxious
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(While You Sleep)

Brainwash Yourself In 21
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MIND EXERCISE That
Will CHANGE YOUR
LIFE! (Your Brain Will
Not Be The Same)
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—Break the Addiction to
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Destructive Energy |
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Banish the Inner Critic;
Rewire Your Brain from
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Confidence, Well Being,
Motivation \u0026

Success Change Your

Thoughts, Change Your

Life Reprogram Your

Mind | Create Your

Dreams Affirmations

REWIRE YOUR BRAIN

WHILE ASLEEP | Dr.

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Sleep Meditation w/

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~~wire your brain for~~

~~confidence (Quick Cut)~~

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How To \"Train Your
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Wire Your Brain for
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success, and happiness
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the formula for how you
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The CPPA brings
together leading-edge
researchers and
practitioners from
around the world to
study and understand
where human potential,
success, and happiness
intersect.

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Confidence is my new

"go-to" book for

coaching clients who are

outwardly highly

successful and seemingly

confident, yet inwardly

they struggle with self-

doubt. Written in a

conversational tone,

Louisa Jewell begins by

sharing stories of her own

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struggles with self-doubt
and prompts you to
reflect upon your own.

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oriented kind of

confidence that boosts

your courage to act, even

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when you're feeling
afraid.

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“ Timely and well-
written, Wire Your Brain
for Confidence translates
complex research into
understandable,
practical, and vital tools
not just for surviving the

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fear and self-d...

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