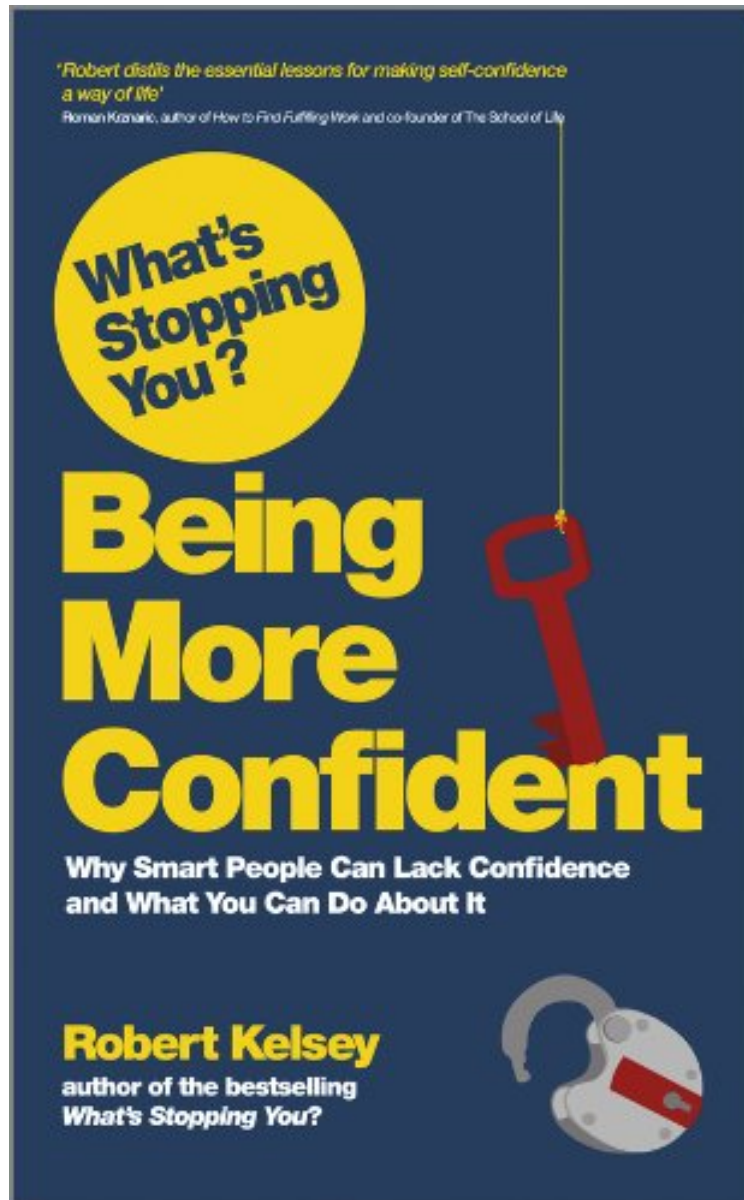


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## What's Stopping You Being More Confident? (What's Stopping You?)

*Robert Kelsey*

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**Robert Kelsey : What's Stopping You Being More Confident? (What's Stopping You?)** before purchasing it in order to gage whether or not it would be worth my time, and all praised What's Stopping You Being More Confident? (What's Stopping You?):

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will know I have read 100's of self help books over the years. I am a business consultant, peak performance expert, entrepreneur and University lecturer amongst other things. As such I read books in order to improve my knowledge and the advice I can give others. I ordered this book via the Vine programme in the hope I may end up learning something new about how the mind can create happiness without all the positive thinking garbage that some book push. This book is part of the Series called Whats Stopping YOU. I have read the other book called Whats Stopping You which I cannot recommend enough. It examines the the issues of low self esteem and how it affects every move you make in your day. This book focuses on confidence and what is stopping you from gaining better self confidence from a cognitive perspective. It is similar to the first book in the series and you have read it, then you may not find too much in this book that is new, but I still highly recommend it. What's stopping you series is based upon the premise that those who fail to have confidence, have a defective thought process that trap the person into timidity. The author brilliantly examines the mental traps and thought processes that create confidence issues, as he did in the original book, which lead the reader to understand how the traps come about and what to do about them. A key aspect of both books is the examination of the self image and how it can affect, in this case, confidence. Many times low self esteem people beat themselves up after an episode that leads to a loss of self confidence. The author examines this trap in brilliant detail and without a doubt what the reader will learn will help increase and resolve self esteem issues. This book is just as good as the first book in the series. I highly recommend this book for people who lack self confidence. Highly Recommended.

A prescriptive, commonsense approach to self-confidence and success With his bestselling book, What's Stopping You, Robert Kelsey helped thousands of people conquer their fear of failure and unlock their full potential in life. Now Robert is applying his unique approach to the subject of confidence. According to Robert, it's not something that can simply be injected into us through motivational exercises and positive thinking. What's Stopping You; Being More Confident? highlights the key reasons why you might be lacking confidence in the first place, what causes self-doubt or makes you feel less able than others. Then we are shown how to turn this around, by examining the traits that make someone confident. Follow-up to the ground-breaking bestseller, What's Stopping You?, with the same intelligent approach to self-help A road map to help us break down the barriers that make us shy away from achieving our full potential How to recognize what you're good at, but also what you're not good at Includes tactics for maintaining self-assurance and learning how to apply these in real-life practical situations Based on extensive research and personal experience "Everyone has moments of doubt - this practical and personal book can help remove those demons and boost morale. I recommend it strongly" Luke Johnson, RSA Chairman, Financial Times columnist and author of Start It Up! "This combination of searing honesty and genuine curiosity about how our lives are shaped makes for compelling reading" Fi Glover, multi-award winning broadcast journalist and BBC radio presenter "An invaluable resource for anyone lacking confidence" John Caunt, author of Boost Your Self-Esteem

Kelsey has produced a thoughtful and easily accessible book. While it will be of interest to a broad audience, its focus on preventing hubris and achieving potential should resonate with managers (Irish Times, 21st January 2013) ..an excellent book to study, to make your companion and to help you discover what's holding you back and what you could do to improve your situation.' (parentswithouttears.com, January 2013) another helpful practical guide for those clear minds who already know what's missing-confidence all the good decisions and ideas must have a strong base to carry them out; that's what confidence and this book can bring. (Start Your Business, January 2013) admirably broad minded, covering everything from depression to procrastination and calling in almost every philosopher on the market for nuggets of wisdom. (People Management, February 2013) practical, helpful advice (The Sun, 8th February 2013) All good decisions and ideas must have a strong base to carry them out, that's what confidence and this book can bring. (Start Your Business, February 2013) The book has range, depth, integrity and whilst it doesn't threaten you with quizzes or exercises, the congruence of all theories he draws on and the consistency of the message make it worthy of your time. (HR Zone, June, 2013) From the Back Cover Do you lack confidence or self belief? Join the club. Millions of otherwise smart people lack the confidence to achieve their full potential - at work, in their careers and even in their personal pursuits. Yet confidence isn't something that can be conjured from motivational exercises or via quick-fix techniques. Confidence is something you must build for yourself. It takes planning and action, deciding where you want to gain confidence and how it must be won. It will require courage, optimism and resilience. In this follow-up to his international bestseller What's Stopping You? Robert Kelsey offers a deep understanding of confidence, using extensive research analysis, as well as his own experiences, to help you to: Identify the truth about confidence - its root causes, as well as the damaging self beliefs that generate poor confidence Accept who you are, while planning your path towards confidence through achievement Understanding the myths around confidence, such as the need to be outgoing or to have talent Overcome the most common barrier to strong confidence: other people Deal with other barriers to confidence such as shyness, anxiety, stress, prejudice and even hubris