



The Confidence Course: Seven Steps to Self-Fulfillment

Walter Anderson

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An inspiring step-by-step guide to overcoming self-doubt and achieving personal and professional success.

Based on his popular course at the New School for Social Research in New York City, in *The Confidence Course* the former Marine, renowned storyteller and editor of *Parade* Walter Anderson teaches you how to choose what you want to be. In 20 interactive lessons, complete with exercises and real-life examples, Anderson offers rules to live by that can positively transform your life.



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