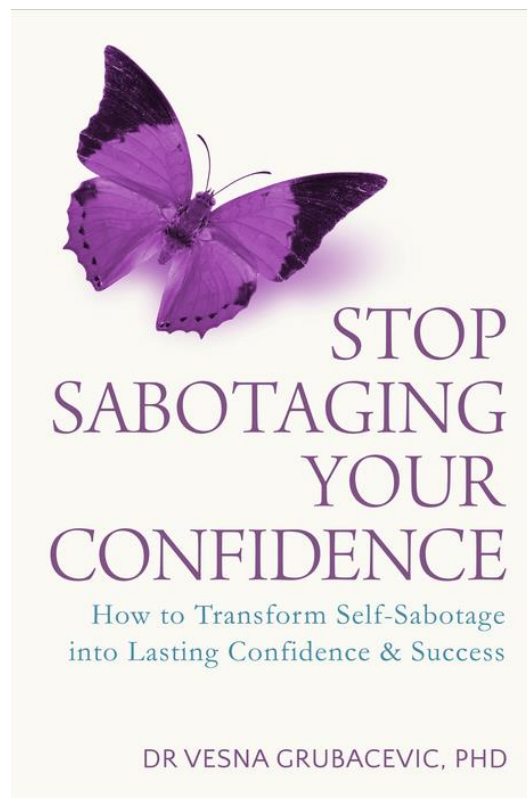


Whether you:

- * beat up on yourself or put yourself down,
- * miss out on promotions or are not progressing in your career,
- * are not making enough money or hesitate asking for a pay rise,
- * settle for less than what you deserve in your career, relationships, and life,
- * worry about your job security or about money,
- * procrastinate about taking action, or
- * lack clarity, passion, or direction in your life,

the exercises and techniques in this self-empowerment book will assist you to **transform self-sabotage into lasting confidence and success.**



Written for the layperson, this self-empowerment book helps you with simple, easy to understand and apply exercises and techniques, which you can instantly use to discover the confidence and success that lies within you right now. This is more than a book: it is your own personal self-empowerment course that guides you step by step on your empowerment journey.

By reading and actioning the exercises in this book, you will:

- identify **exactly how you may be sabotaging yourself, your confidence and your success** right now
- **learn practical techniques** to empower yourself for greater confidence and success
- learn **simple and effective communication techniques to avoid misunderstandings, disagreements and conflicts**, so that you can create harmonious and successful personal and professional relationships
- learn how to **integrate the techniques you have learnt into your daily life and success.**

With over **200 pages of self-awareness exercises and practical and easy to use self-empowerment techniques**, you will enjoy many hours of **value each time you pick up this book.**



Dr Vesna Grubacevic, author of *Stop Sabotaging Your Confidence*, is the founder of award-winning company Q^t, a Performance Transformation Expert[®], an internationally recognised and Certified NLP & Hypnotherapy Trainer, Master Practitioner, and Clinical Hypnotherapist. She also holds a PhD and a Bachelor of Economics, extensively contributes articles and media commentary, is a sought-after passionate and innovative speaker, and is the creator of breakthrough behavioural change techniques. Dr Vesna's vision is to create an empowered society by inspiring individuals to grow their confidence and success, and to empower others to do the same.

For additional details and your free gifts, please visit

<http://www.qttransformation.com/nlp-stop-sabotaging-your-confidence>