



AS GIFTED TO
THE 2015
GOLDEN
GLOBE
NOMINEES
AND HOSTS

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qttransformation.com/nlp-stop-sabotaging-your-confidence

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**.

"At last, an NLP book that is simple and clear and so very easy to understand and use! I have been searching for a book like this for so long. These are so many surprises in this book - as you read chapter after chapter, there is more and more value for the reader. So many practical tips, exercises and insights. I read this book twice so far - the first time I read it, I noticed an **immediate change** in how I related to people and situations. The second time I read the book I completed and implemented all the exercises, and that is a must - what a difference! My confidence has improved so much since using these techniques - I have **stopped beating up on myself**, am now **communicating effectively with other people**, and am **confidently now taking action towards my goals**. This book has now become my reference for success in life!" - *Christopher*



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.

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