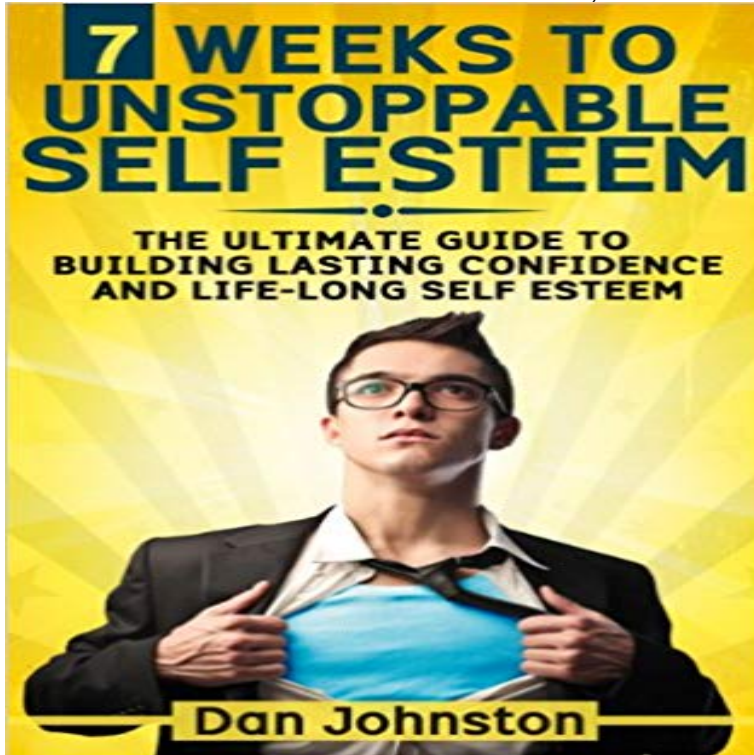


## 7 Weeks To Unstoppable Self Esteem: The Ultimate Guide To Building Lasting Self Confidence and Life-Long Self Esteem: Overcome Anxiety, Feel Calm and Self Confident, and Take Charge of Your Life



How To Create Unlimited Self Confidence and Unstoppable Self Esteem Everyday Confidence AND Lifelong Self Esteem: With This Book I Believe Anyone Can Create Abundant Confidence and Self Esteem In Just 7 Weeks. True confidence allows one small man to stare down 3 younger and larger guys who are looking for a fight. True confidence catches the attention of the most beautiful girl or most handsome man in the room. Yet, confidence is a temporary state that can change day to day. What we really want is to feel true confidence coming from our high self esteem. What We Really Want is Unstoppable Self Esteem The kind of Unstoppable Self Esteem that draws people in, opens doors, and allows you to define and create your own reality. The kind of Unstoppable Self Esteem that doesn't fluctuate from one day to another. The kind of Unstoppable Self Esteem that powers your confidence each and every day. This is why I wrote this book, my third in the area of Self Esteem. Buy this book, read it, and follow the instructions and soon you will experience the Unstoppable Self Esteem you've always deserved. The 7 Week Self Esteem System #1 When I published my first book Self Confidence Secrets I was delighted to see 4 and 5 star reviews pop up right away. Soon, I was receiving emails from readers thanking me for writing the book. One common thread was that people liked the practical exercises they could apply right away. They also liked the psychological stuff. The parts that helped them understand themselves better. It was from this feedback that the idea for this book came. The premise of this book is simple: One Psychological Insight and Activity Each Week For 7 Weeks #1 7 Weeks. 7 Chapters. 7 Insights. 7 Activities. Of course, if you're really keen you can read one chapter each day and complete the book in just one week. I'm sure you've read

books crammed with theory that seems impossible to apply. Or packed with exercises, with no explanation of why they work. Not here. In each chapter, you'll learn a specific activity you can do right away. You'll also learn the psychology behind it, and why it works. Each lesson will provide an insight into yourself and those in your life: an ah-hah moment. Each activity will challenge you and help you grow your self-esteem, confidence, and sense of self-worth in a different way.

**7  
Profound Psychological Insights#1  
Week One: Create Lifelong Confidence By Understanding Competence  
Week Two: Progress: The Secret Ingredient Behind Growth, Confidence, and Happiness  
Week Three: How To Create An Environment Which Feeds Your Success  
Week Four: Take Action! How To Change Your Self Image  
Week Five: The Secret Power Of Comparison Points  
Week Six: The Under-Estimated Mind-Body Connection  
Week Seven: Your Private Elevator To The Top: Gratitude + Success Stacking Plus Over 30 Pages Of Bonus Content Featuring Cutting Edge Psychology Free Companion Guide #4**

When you buy 7 Weeks To Unstoppable Self Esteem you'll receive free access to the Unstoppable Self Esteem Bonus Pack. Included in the bonus pack is a comprehensive companion guide and workbook to add to your success. About The Author Dan Johnston is a #1 international best-selling author, confidence coach, and recognized expert in the field of confidence and personal transformation. Confidence did not always come easy to Dan and in his books he describes a time when he suffered from low self esteem, shaky confidence and anxiety. To overcome his own challenges Dan invested hundreds of hours learning from the most confident people he could find, reading books, attending seminars, and obtaining a world class degree in psychology. In his personal life, Dan loves to travel, study new cultures and stay fit. He typically lives in 2-3 new countries every year and spends his time writing and

working one on one with his coaching clients to help them create their dream lives. Now Is Your Time: Scroll up and

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