



The Four Channels: A Businesswoman's Guide to Cracking Confidence (Volume 1)

Margo C. McClimans

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Gain the confidence to live *your* life in the uplifting new book, *The Four Channels: A Businesswoman's Guide to Cracking Confidence*

Author Margo C. McClimans, CPCC, introduces you to quick and easy exercises that will set you on the path toward success in both your personal and professional life.

A quick read that can be referred to again and again, this handbook employs techniques that McClimans has developed during her time as an executive and leadership coach—and *you* have a chance to reap the benefits!

You will learn a variety of different tips and tricks that will benefit you in the quest for confidence, including what mental and physical roadblocks prevent most women from achieving high levels of self-confidence, ways to recover from the inevitable self-esteem setbacks, how to create and implement a confidence action plan that really works, and so much more!

While the obstacles of daily life are often unavoidable, many women don't even realize that they are often their own worst enemies when it comes to low self-esteem.

But with McClimans's new book, this cycle of self-sabotaging behavior *can* stop—and a new cycle of self-respect and confidence can begin!

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