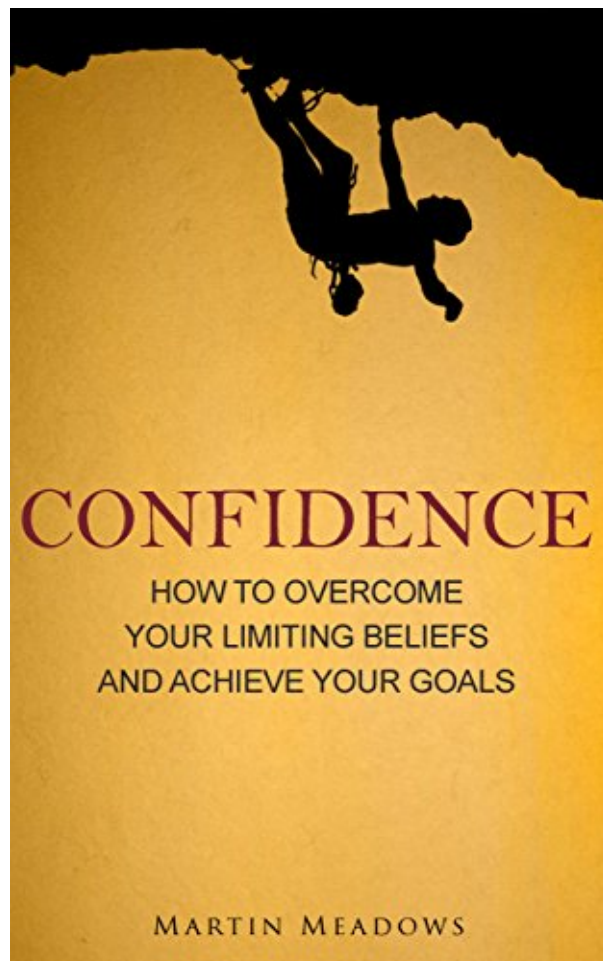
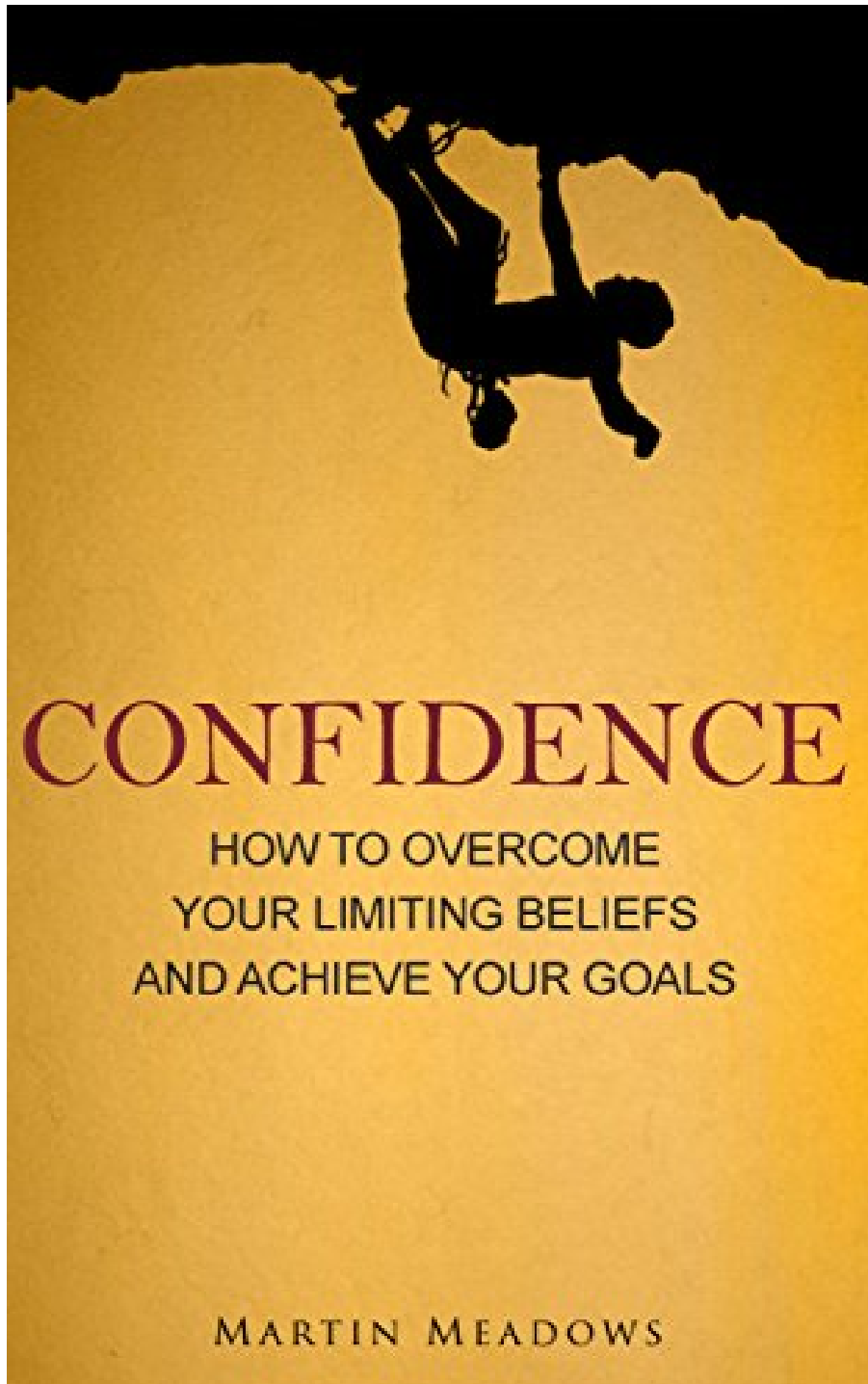


# **CONFIDENCE: HOW TO OVERCOME YOUR LIMITING BELIEFS AND ACHIEVE YOUR GOALS BY MARTIN MEADOWS**



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## **Confidence: How To Overcome Your Limiting Beliefs And Achieve Your Goals By Martin Meadows.**

In undergoing this life, many individuals always aim to do and get the most effective. New knowledge, experience, driving lesson, and also every little thing that could enhance the life will be done. However, numerous people sometimes feel perplexed to obtain those points. Feeling the limited of encounter as well as resources to be far better is one of the lacks to possess. However, there is a really straightforward thing that could be done. This is just what your educator constantly manoeuvres you to do this one. Yeah, reading is the answer. Reading a publication as this Confidence: How To Overcome Your Limiting Beliefs And Achieve Your Goals By Martin Meadows and other recommendations could improve your life top quality. Just how can it be?

### Review

"This book is a great recourse for everyone struggling to be productive and successful. Martin explains that achieving goals is not only about discipline and hard work but also about believing in your own capabilities. He explains the important difference between self-confidence and self-efficacy and gives some great practical tips on how to improve your self-efficacy." - FerdyV, reader

"Author Martin Meadows delves into the world self-confidence and explains how to develop a strong sense of it. I found the book to be a well-written and helpful in how it supports the reader in developing a legitimate sense of confidence in their natural abilities." - Jim McCraigh, reader

"This book is a great addition to the authors other works. There is no way a person can remain unmotivated and unsuccessful after reading these books and making use of the tips and instructions contained within. A very worthy read!" - James H. Mayfield, reader

"Once someone has experienced the little victories, it won't be that big of a jump to the next big one. The author has outlined this very idea very well - that with confidence, people can achieve anything they want to do. Taking that first step is the hardest, but many more will follow. Good job!" - Debra B., reader

"A willingness to be disciplined can often be the difference between success and failure, but discipline is all too often dependent on confidence. Martins suggestions and tips will help you to improve, even if it seems challenging! This book is easy to understand, with good examples to illustrates the points being made. Well worth reading!" - Anthony Smits, reader

### From the Author

This book is by no means the only thing you need to read to achieve your goals. Success is a process, not an event. However, I strive to cover the most important aspects of self-efficacy and provide you with actionable

tips to improve your life in as little time as possible.

My goal is to help you understand how to develop more confidence in your abilities and avoid the most common dangers associated with low self-efficacy.

Instead of delving deep into the details, I will share fundamental knowledge that will make the most difference in your life. If you're looking for an inspirational and practical read, Confidence is for you.

#### About the Author

Martin Meadows is the pen name of a bestselling author who has dedicated his life to personal growth. He constantly reinvents himself by making drastic changes in his life. Over the years, he has: regularly fasted for over 40 hours, taught himself two foreign languages, lost over 30 pounds in 12 weeks, ran several businesses in various industries, took ice-cold showers and baths, lived on a small tropical island in a foreign country for several months, and wrote 400-page long novel's worth of short stories in one month.

Yet, self-torture is not his passion. Martin likes to test his boundaries to discover how far his comfort zone goes. His findings (based both on his personal experience and scientific studies) help him improve his life. If you're interested in pushing your limits and learning how to become the best version of yourself, you'll love Martin's works.

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Unsure of Yourself? Learn How to Develop More Confidence in Your Abilities and Achieve Your Goals

Most of us have no problems identifying goals we want to accomplish. It's putting these plans into action that is difficult.

Sometimes we lack discipline or motivation. However, there's another reason why you might struggle to make changes in your life – you have low self-efficacy.

What is self-efficacy? What are the main four sources of it? How can you develop more confidence in your abilities?

These are some of the questions I'll answer in this short book. The advice you're about to read is based both on scientific research and my personal experience. I will share fundamental knowledge that will help you build more confidence in your abilities and reach your goals.

Here are just a few things you will learn from the book:

- Five characteristics of people with strong self-efficacy and five characteristics of people with weak self-efficacy. These behaviors determine whether you'll realize your full potential or succumb to mediocrity.
- What you can learn from building a university in space (and what it has to do with the belief in your own abilities). It's the single most important thing to achieve bigger and bigger goals.
- A simple therapy to teach you how to handle failure the right way. It's uncomfortable, but you can be sure it will kill your fear of failure once and for all.
- What a strange study about hitting dolls or treating them kindly can teach you about how others affect your beliefs about your competence. It's the second most effective way to increase the strength of your belief in your abilities.
- What a phenomenon discovered by a German industrial psychologist can teach you about motivation. There's a simple way to inspire you to put more effort into your goals.
- The #1 key to improving the confidence in your abilities. If you don't have time to read the entire book, read this one tip alone.
- What a study on experts and novices can teach you about how experts approach problems. You too can adapt this behavior to shorten your learning curve and develop a stronger belief in your abilities.

If you don't actively work on developing a strong sense of self-efficacy, making any kind of changes in your life will be an extremely difficult ordeal. Scroll up and buy this book now to change your life for the better.

For more free resources, sign up for my self-improvement newsletter:

<http://www.profoundselfimprovement.com/seal>

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- Format: Kindle eBook

#### Review

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Most helpful customer reviews

8 of 8 people found the following review helpful.

**ONE OF THE BEST BOOKS ON DEVELOPING CONFIDENCE I'VE EVER READ!**

By Scott B. Allan

Martin Meadows has delivered a solid book on the topic of self-confidence. The core of the content focuses on self-efficacy which, as the author explains in detail with clear examples, is at the heart of a person's ability to function.

This is especially true for people with low efficacy because they don't believe that they can do it. They spend their whole lives struggling with trying to build up confidence in so many ways but, as Martin points out, efficacy is the lesser-known reason many people miss. Having read a lot of books on how to build self-confidence, this is the first one I have read that focused primarily on the core concept that self-efficacy is the main problem.

While many other factors may contribute to a person with low confidence, Martin offers lots of suggestions and well-researched articles that prove to readers if they boost their self-efficacy, they can elevate confidence to a level that makes anything possible

- Chapter 1 reveals what efficacy is and how people with a strong sense of efficacy can master certain skills. But people with weak efficacy struggle master anything and avoid challenges.
- Chapter 2 is about mastering the fear of failure. By desensitizing yourself to failure through rejection, you can strengthen your efficacy by overcoming obstacles and producing just small wins at first.
- Chapter 3 is about social meddling and how you can strengthen yourself further by watching others succeed. This can happen through having a mentor or accountability partner/mastermind group. You have a better chance of succeeding by hanging around with people who are on the same level as you and act as a support team.
- Chapter 4 is about social persuasion and psychological responses. This chapter is very important because it focuses on, not just the power of positive influence but also the power persuasion of negative influences. By focusing on positive small talk you can experience some big wins to push you over the hurdle.
- Chapter 5 is about the 5 rules you can develop for a strong sense of self-efficacy. This was my favorite chapter by far. By setting goals slightly above your ability you can stretch your comfort zone a little more every time. Also a great section here on reframing your thoughts so that you can stop making excuses as to why you can't do something. The part on locus of control and how we are in control of the events that affect our lives is a powerful truth.

In a nutshell, this little book is worth its weight in wisdom and provides a deeper insight on going more confidence, not by providing cheap tips such as "believe in yourself" but really takes the reader deeper in so that they can explore the weaker parts of themselves. From there, the healing towards gaining greater confidence and clarity in our daily lives becomes a strong anchor.

A highly recommended read that you won't regret investing the time and money in.

6 of 6 people found the following review helpful.

Self-Efficacy is the name of the game.



By James H. Mayfield

"Confidence: How to Overcome Your Limiting Beliefs and Achieve Your Goals" is Martin's third book in the Self-Help series. He has taken another important concept on the topic of self-success and fleshed it out perfectly.

This book introduces us to the concept of Self-Efficacy and why it's important. It teaches us how this seemingly simple concept is both the key to our success and the reason why we often fail before we even begin.

The book touches on the many aspects of self-efficacy - what it is, what influences it, why it's important and what can we do about it.

As is becoming the norm, the book is well written with no noticeable typos, grammar or formatting issues.

While a shorter read than Martin's other books, the message contained inside is no less valuable. Often the most important messages are contained in only a few paragraphs.

This book is a great addition to the author's other works. There is no way a person can remain unmotivated and unsuccessful after reading these books and making use of the tips and instructions contained within. A very worthy read!

6 of 6 people found the following review helpful.

You Can Change Your Limiting Beliefs

By Dave Anthold

Martin Meadows has done it again with his new book Confidence. Confidence tackles the very important subject of self-efficacy and self-esteem. How we view ourselves has a direct correlation to how we view the world and the people in it.

Just like all of Martin's previous books, he has researched the topic well and provides summaries at the end of each chapter to help lock in the information learned in the chapter.

Here are some highlights from the book that I found helpful:

- People with low self-efficacy have trouble executing on their dreams because they don't believe they can achieve them deep down.
- Self-efficacy develops during childhood and can help shape your future more than you realize.
- Social modeling can have a huge impact on our confidence and self-efficacy levels.
- Mastering self-efficacy means mastering the small wins!
- Learning from failure is vital to increasing your self-efficacy levels.
- Discouragement has a greater effect on us than positive encouragement.
- Mentorship works - find someone who can help you grow and achieve the results and goals you want.

I found this book to be enlightening and a great reminder that we need to work at self-efficacy every day to help us meet our goals for now and the future.

See all 37 customer reviews...

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