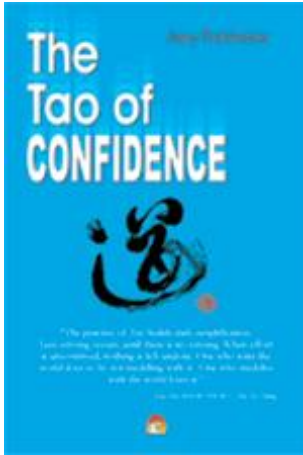




## The Tao Of Confidence



**Author:** Aery Prabhakar  
**Format:** Paperback  
**ISBN:** 817806183X  
**Code:** 9389D  
**Pages:** 173  
**Price:** Rs. 96.00 US\$ 4.00

**Publisher:** Unicorn Books  
Usually ships within 5 days

The most comprehensive and powerful manual ever written on the subject of self-confidence. Self-confidence is not an inborn trait or a quality but a practical set of thoughts, beliefs, habits and behaviours which can be learned, in an organised step-by-step format by anyone desiring to create the life of one's deepest dreams.

"The practice of Tao builds daily simplification. Less striving occurs, until there is no striving. When effort is uncontrived, nothing is left undone. One who wins the world does so by not meddling with it. One who meddles with the world loses it."

-Lao-Tzu (604 BC-531 BC) - Tao te Ching

## Contents

Preface  
How to Read This Book  
Introduction  
Awakening of the Confidence Within  
What's Holding You Back?  
Kill the Victim Inside  
The Greatest Secret of an Unshakeable Self-Confidence  
The Beliefs of Confidence  
Master Your Inner Communication  
The Silent Language of Confidence  
Master Your Sexual Self  
The Secret of a Never-Ending Energy  
The Art of Confident Living  
Conclusion  
Appendix A – The Art of Visualisation  
Appendix B – Recommended Resources  
Test Your Confidence

## About Unicorn Books

Unicorn Books publishes an extensive range of books that are both affordable and high-quality.