

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**CONFIDENCE IS COOL**

**By Oscar Bruce**

**CONFIDENCE IS COOL by Oscar Bruce**

REMEMBER THE TIME you could not think of anything to say to the person sitting across from in that little café or across the conference table? You stammered when they looked your way. They smiled at you, but still, there was no way to reach out – and you lost yet another chance to make a good contact.

REMEMBER THAT PARTY, when you were standing off to one side by yourself, and the other people were stealing brief glances at you? Still you couldn't think of the right things to say.

REMEMBER LEAVING THAT MEETING? Just ahead of you was the person you really wanted to meet and get to know. You could not quite summon up the courage to approach. They walked away into the night and out of your life.

REMEMBER THE EXPERIENCE of uttering a sentence, then stopping and realizing that it wasn't exactly what you meant to say?

BY FAR THE MOST TERRIFYING BARRIER to developing relationships with strangers is learning to talk to them. Making first contact is sometimes fearful. Even thinking of approaching a new person makes you break out in a cold sweat.

**YOU CAN'T GET THERE FROM HERE?**

How did things get like this, you wonder? It's because

## CONFIDENCE IS COOL

family and peer groups ripped from you at an early age the innocent social adeptness of the young. The bullying and being "cut down to size" that passes for socialization scarred your psyche. The fearful result is that you are not just shy, but gun shy. But, all that can change. It can be accomplished.

**CAN THIS ALL BE CHANGED, YOU ASK?** The answer is – absolutely yes – because the need to grow is instinctive in the human spirit. Additionally, self–improvement is proven to be not only confidence building, but therapeutic. In fact, failure to do so creates distress and forms of

neuroses.

What radical transformation, then, would it take to reshape a shy person into an extroverted, socially adept one? Where can you learn to meet and greet any and all encounters skillfully and with confidence?

First realize that advanced language skills are but subtle elaboration's or enhancement of what we already know and do, yet of a somewhat higher order. Additional examples include listening, picking up on nonverbal cues, and having a sense of the other individual's personal space. Finally, the high–arts – being able to start a conversation with a total stranger, knowing when to wait and when to act.

**IT IS OUR NATURE** as human beings to seek affiliation, to make friends. But sometimes it can be hard for a person to reach out and create conversation. Most people want to like, want to love, want to connect, but they are afraid. Things get in the way of their innate desire; things like **FEAR OF REJECTION** or uncertainty about **WHAT TO SAY FIRST**.

The start of a great relationships starts with "a great opening line." It knowing what to say first and how to sustain the conversation that gets attention and **BUILDS CONFIDENCE**.

**TRUE AND LASTING PERSONAL CONFIDENCE** flows from the knowledge and certainty that you will function skillfully and convincingly while at ease, in all social or business encounters. What helps shapes your fate is your ability to stand your ground in any confrontation, the knowledge that

you will always prevail.

Self-confidence will also grow as you depend less on fortuitous happenstance, on wishing and hoping – and instead as a consequence of clarity of purpose. You will become a stronger person as you see yourself acquiring and applying new language skills.

Oscar Bruce helps people upgrade their conversation skills. His books are considered the field-manuals for getting through life unscathed and undefeated. He freely shares many useful techniques at <http://www.oscarbruce.com> Mr. Bruce can be contacted at PO Box 725, Burnet, TX 78611 Telephone 512-715-0157

## **Discover the Key to Self-confidence**

**By Colin Dunbar**

"One important key to success is self-confidence. An important key to self-confidence is preparation" – Arthur Ashe

Self-confidence is necessary for success

As Arthur Ashe says preparation is an important key to self-confidence. And preparation can be achieved by using the goal setting tool of questions. Asking questions, that is, doing research, can enable you to become proficient in whatever subject or area you want you to.

Self-confidence is necessary not only to achieve success with our goals, but also to live a happier and contented life. When we have self-confidence, we can overcome many of life's obstacles easier. How then do we find the key to self-confidence?

Identify the obstacle

Before you can work on gaining more self-confidence, you need to clearly identify the area that is an obstacle for you not having self-confidence. When you have identified the obstacle, you can use a variety of goal setting tools to solve it. And yes, you should undertake your development of self-confidence as a goal. This way you can make positive progress, and have eventual success.

Can I share the following true story with you...

Having had over eight years experience in technical writing, but lacking the industry software skills, I turned down positions as result of a lack of self-confidence. It did not take any rocket science for me to realize that I needed to become skilled in the software that was being used in the industry.

The industry standards at the time were Microsoft Word and CorelDRAW. If you are familiar with these software packages, you know there are a myriad of features, and in technical writing, many of these

## CONFIDENCE IS COOL

are used.

There was only one way I could master this software...

Use a step-by-step approach

Adopting a step-by-step approach is a practical tool for reaching your goal, and a key to gaining self-confidence.

Before starting, you should determine as accurately as possible as to what the steps are. This forms part of your preparation, or research, in many cases. Become familiar with the subject matter.

For me, the starting point was finding out what the most used features were in producing technical

documentation. Armed with this knowledge, I could begin my step-by-step approach.

Using this approach I began with one or two features only, and I would practice these until I could do it almost blindfolded. And from there I would move onto the next feature or two.

This is similar if you want more self-confidence for public speaking, starting your own business, or whatever other area in your life.

Self-confidence will come

Using the one goal setting tool of a step-by-step approach, you will become more knowledgeable, and as a result your level of self-confidence will rise.

In using this tool, my self-confidence rose to the level where I eventually lectured freelance at a leading computer training school.

For the effective attainment of your goals, no single goal setting tool should be used in isolation.

Make it your goal to...

Identify the obstacle or obstacles that are preventing you from having self-confidence. Do your research, and begin as soon as possible to use the goal setting tool of a step-by-step approach. Follow Arthur's advice of the key to self-confidence.

Colin Dunbar's eaziGOAL offers you 12 practical and proven goal setting tools to enable you to get what you want. Manual, workbook with goal setting worksheets PLUS companion software. FREE newsletter. New articles every week.

Discover the Key to Self-confidence  
What Is Self-Confidence?

This Is What You Need To Do...  
Increase Your Sales By Using Confidence  
Window Air Conditioning Unit Energy Consumption

Character Counter Software  
Profit Gadget  
Mind Power Creative Thinking  
JavaScript Magic  
Profitable Crafts Vol 2



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**