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Wire Your Brain for Confidence is my new "go-to" book for coaching clients who are outwardly highly successful and seemingly confident, yet inwardly they struggle with self-doubt. Written in a

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conversational tone, Louisa Jewell begins by sharing stories of her own struggles with self-doubt and prompts you to reflect upon your own.

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Page Two

Through stories, reflection questions, and exercises, she will guide you from fear to courage, and give you the ability to accomplish the goals that seemed impossible. Wire Your Brain for Confidence will put you on the fast track to flourishing in every area of your life. [click to read more.](#)

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Wire Your Brain for Confidence: The Science of Conquering ...

Wire Your Brain for Confidence offers a practical step-by-step guide to achieving goals for anyone who has struggled with self-doubt. Louisa Jewell demystifies the science behind action-oriented confidence and makes it accessible to

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Louisa Jewell

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On Thursday September 21, Louisa Jewell launched her new book, Wire Your Brain for Confidence: The Science of Conquering Self-Doubt. She has

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delivered a brilliant tour de force. Louisa Jewell is articulate, down to earth, generous, and funny.

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Wire Your Brain for Confidence is my new "go-to" book for coaching clients who are outwardly highly successful and seemingly confident, yet inwardly they struggle with self-doubt. Written in a conversational tone, Louisa Jewell begins by sharing stories of her own struggles with self-doubt and prompts you to reflect upon your own.

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How To Wire Your Brain For Happiness
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moments each day, and no matter how small or seemingly insignificant they...

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If you've struggled with confidence, still struggle with it, or just want to improve your confidence, then today's episode is perfect for you. I speak with Louisa Jewell about how her just released book, and how we can wire our brain for confidence.

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Wire Your Brain For Confidence is now available for pre-order on Amazon and Chapters/Indigo, releasing September 21, 2017 for \$19.99. The print edition will soon be available globally (Amazon.ca and Chapters Indigo in Canada), and the eBook edition on Kindle, Kobo and iBooks.

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Book Review: Wire Your Brain for Confidence - Vitality ...

Wire Your Brain for Confidence with Louisa Jewell. Louisa Jewell is a speaker, author and positive psychology expert who has facilitated thousands of people towards greater flourishing both at work and in their personal lives.

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scientific yet relatable way.

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confidence and makes it accessible to all. This book will empower you to go for your dreams and live your happiest life.”

Book Tour: Wire Your Brain for Confidence | Louisa Jewell

Do you feel like you are stuck in a rut? Have you had sexual issues with your past partners or current and potential

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partners? Are you open to learning new sexual ways of being? Whether you are in a relationship or not, we will teach you various techniques to improve your confidence skills and the w

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