



# 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

## 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:  
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### Editorial Review

#### Review

"This book is a great recourse for everyone struggling to be productive and successful." - **FerdyV, reader**

"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**

"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**

#### 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 a 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.

### Users Review

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##### Mary Ybarra:

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**Mary Richards:**

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**William Leone:**

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