



The Quick Start for Building Emotional Muscle and Confidence

John Mercer

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Book One of Building Emotional Muscle and Confidence has all the fundamentals a person needs to understand how to step through chronic fears, doubts, and insecurity that have accumulated from past experiences. Book One of Building Emotional Muscle and Confidence gives us a bridge between insecurity and confidence, between low self-esteem and a healthy self-pride, between fear and determination, and between inner storms and having peace-of-mind. Book One of Building Emotional Muscle and Confidence will show a way of letting go of the past no matter what thoughts and feelings we have lived with and no matter how long or even why we have lived with them. Book One of Building Emotional Muscle and Confidence makes the mechanics of the mind a simple thing to understand and that understanding gives us an awareness of how it is possible to make life so much better for ourselves.

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