



Why So Insecure?: How To Overcome Emotional Insecurities Dead In It's Tracks!

Michael S Widmore

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The purpose of this book is to make you the reader fully understand what Insecurity really means by exploring its many facets in daily life. The more you understand the problem, the more you get to see the face of the enemy that is called "Insecurity". Later on you'll be provided the means to fix yourself and possibly rewire your beliefs, emotional reactions and how you view yourself. Insecurity is just impossible to exist, if you are solid on the inside! If you know yourself well enough- both the good and the bad- and that you can easily remedy a vast majority of your character flaws and shortcomings creating that sense of insecurity from inside of you. ===== TABLE OF CONTENTS =====

INTRODUCTION WHAT INSECURE PEOPLE LOOK LIKE PUTTING OTHERS DOWN EMOTIONAL VAMPIRES WHEN INSECURITY IS A GOOD THING DEALING WITH THE ROOT OF OUR FEARS AND INSECURITIES THE INSECURE VS SECURE/CONFIDENT THE INSECURE BECOME PREY OR VICTIMS FEAR OF THE UNKNOWN POSITIVE SELF IMAGE AND ATTITUDE HANDLE THE DIFFERENT CAUSES OF INSECURITIES IN YOUR LIFE INSECURITIES AFFECT HOW WE VIEW OTHERS AND OURSELVES FINANCIAL RELATED INSECURITIES HOW TO STOP BEING INSECURE THEN? MEN'S INSECURITIES RELATIONSHIP INSECURITIES LEARNING TO TRUST FRAGILE SENSE OF SELF IT'S JUST PART OF LIFE CONCLUSION

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Na Urquhart:

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