

private label right report #1

Here's What You Get:

Boost Your Confidence

This report is **32 pages, single spaced**.
There is no fluff, no filler, no nonsense.
Only high quality, helpful information.

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on the next slides.

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BOOST YOUR CONFIDENCE!

HOW TO SUCCEED AT BEING YOURSELF

Introduction

Undoubtedly, there are instances wherein all of us wish we could go into a store and ask for “a pound of self-confidence please” (or rather, 500 grams of self-confidence!). And sometimes there are instances when it feels as if we could do anything, deal with any obstacle, take on any task or job. So what then is confidence and how can we obtain some of it when we've run out or just aren't feeling up to par?

Have you ever tried to look at yourself in the mirror and squirmed at your image? If you feel guilty of this habit, then I would recommend you to stop. If you are not contented with yourself, it only shows that you have no self-confidence. If you lack self-confidence, then how do you imagine others to have confidence in you?

Lots of people, old or young, have insecurities about several aspects in their lives. It could be of their physical appearances, speech, lifestyle, behavior, practices, work or even family. Even at interviews, confidence helps you in clinching that job. Consider a situation where two applicants go for the interview where one is confident and certain while the other is an anxious wreck. No rewards for guessing who amazes the interviewer and obtains the job.

Self-confidence is often listed as one of the qualities of effective managers. From your personal experience you can perhaps distinguish the difference between managers with a high level of confidence and those who seem less sure of themselves. Why then would self-confidence be so nearly related with being effective? It is probably because a person's self-confidence shows confidence in their own decision, and directs others to put their confidence, too, in this judgment. It is also probably because self-confidence is frequently used to overpower the fears, hindrances, opposition and setbacks which can confront the best of plans. People with a high degree of self-confidence are normally more likely to be successful – all other aspects being equal – than those who work in a less confident manner.

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Here's What You Get:

How to Build Your Self Esteem

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How To Build Your SELF ESTEEM

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HOW TO BUILD YOUR SELF ESTEEM

Introduction

What is self esteem? The expression was first used by William James in 1890. This American psychologist and philosopher said that self esteem is 'one's mental perception of (his) qualities, not physical features'

With the growth in the social sciences and popular culture from the 1950's onwards, concepts like 'self esteem' have become more widely discussed, not only within the profession of psychology but more generally within western society which has become increasingly focused on the individual.

There are various definitions of self esteem, but in essence, it is the value we place on ourselves as individuals and in relation to others. Maurice Rosenberg in the 1960s said that self esteem can be self tested. This period of the development of social sciences saw the development of 'testing' and 'measuring' methods which enabled more empirical studies to be carried out. Previously most of the social scientists were known primarily for their theoretical work.

The other shift is that whereas previously the goal was to measure self esteem, it is now the goal to achieve the right level of self esteem.

If our self esteem is too low, we are seeing ourselves as less valuable than those around us. So we are encouraged to improve our self esteem in order to become more confident, happier, and better able to lead a full and rewarding life.

If our self esteem is too high, we are probably suffering from 'unearned' esteem, and see ourselves as better than those around us. This has been associated with bullying, violence and aggression to others.

So getting our self esteem level right, is to have a sense of self worth that is not reliant on individual events or achievements. It is not about being better than or superior to others. A healthy level of self esteem is linked to respect for ourselves but importantly, having respect for others. A good and healthy level of self esteem will enable us to cope with disappointments and criticisms. It also enables us to attempt new challenges, to seek out new relationships, and to work towards our futures with a level of confidence and belief in our abilities.

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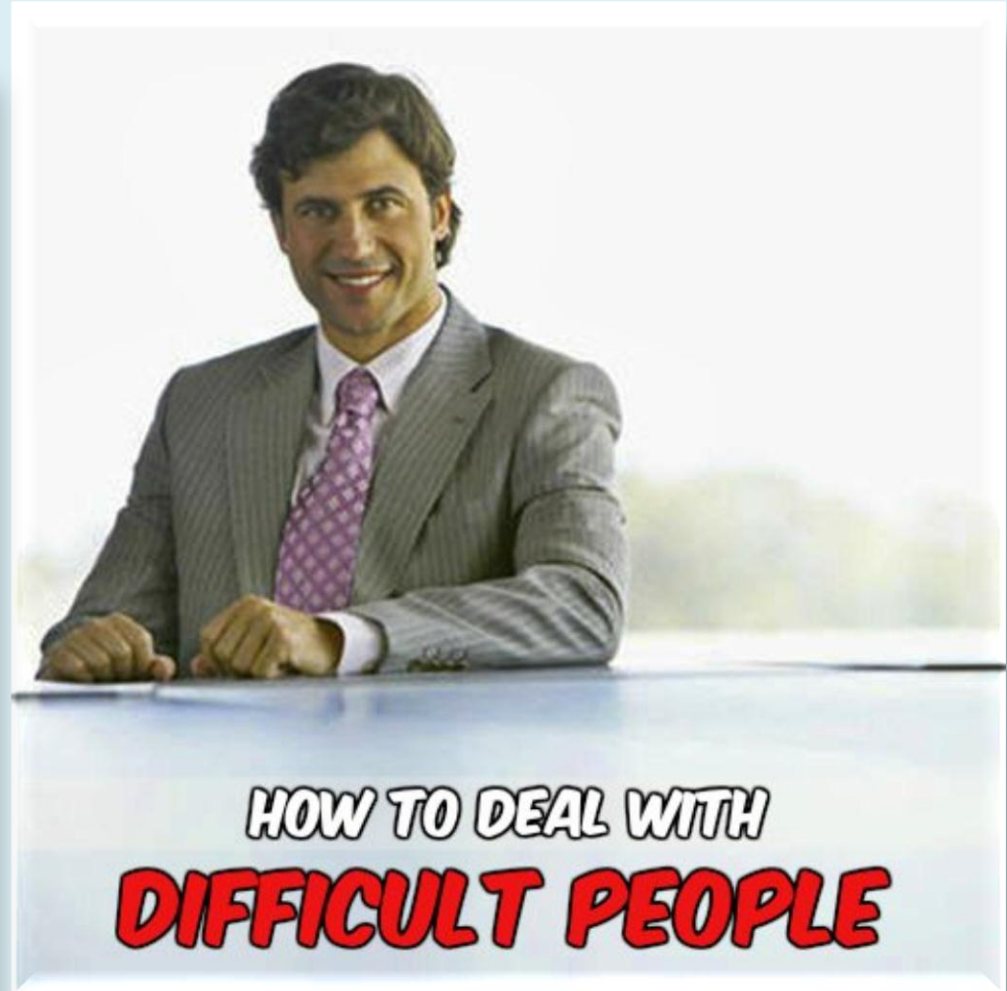
Here's What You Get:

How to Deal with Difficult People

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HOW TO DEAL WITH DIFFICULT PEOPLE WITHOUT LOSING YOUR COOL

Introduction

I bet you will agree that there are people around you who make life miserable for you. They may even dominate or control you. As you rub elbows daily with such folks at home and in the streets, you are constantly deciding on how to act properly towards them. These minute decisions are being made by almost everyone. We don't want to mess up with difficult people and so we are always wary of our actions.

Troublesome people lurk everywhere. They are not really criminals, but they give others "a pain in the neck." They are the ones whom we might call the **difficult people**. And most of us deal with them everyday - without knowing who they are, why they are so, and how to deal with them. Answers to these questions equip us in dealing with them, and even in helping them.

You opted for this book because you don't want to be counted among the difficult people, and you want to help them in some way. If we all become true to these desires, we can make a lot of people happy, difficult or otherwise. We can start to spread the spirit of happiness around us and help make this world a better place, even in a limited sense. Conflicts throughout history, whether small or large scale, local or global, were attributed to difficult people who went out of bounds and affected the rest of humanity. Hence, the atomic bomb in Hiroshima, the genocide in Europe in World War II, the Holocaust, and even the Fall in the Garden of Eden took place.

This book will give you the necessary methods to help you conquer difficult people effectively.

Chapter 1 The Mechanics of Being Difficult

They are out there. They may either be your boss, college professor, business partner, landlord, or even your own spouse, children, siblings or parents. Anyone can be a difficult person to someone else.

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Here's What You Get:

How to Lead A Fulfilling Single Life

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**HOW TO LEAD A
FULFILLING SINGLE LIFE**

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HOW TO LIVE A FULFILLING SINGLE LIFE

INTRODUCTION What This Guide Offers You

You are single in the world of mobile phones and the Internet. You may not realize it, but you actually have more power than you think you hold.

Think of it this way: back when the only entertainment that existed were the likes of the movie theatre, the parks, or the nearest video and record store, the solo-flighter's dilemma was how to avoid being singled out in such family environments; where he/she is most likely to be asked the annoying question, "Hey, how come you don't have a girl/boyfriend?"

In these modern times, gone are the days when you have to sit through events watching partnered people smother the world with their "love" and "concern". With the introduction of broadband Internet access, cheap mobile phone rates, a plethora of coffee shops, over a hundred late-night bars and restaurants, and travel opportunities, singlehood has become the identity-to-be.

While your married friends are spending some couch time at home or frequenting amusement parks with their kids, you are out with friends, hopping from place to place, meeting new people and, ultimately, letting go of fears, laughing the night away and having a lot of fun.

Being single is not a curse, contrary to what most people think. In fact, there is so much room for mobility that you actually know better about the things around you, have more friends and are freer to further your development and know-how without having to factor a partner's whims.

The Empowered Single

Unlike the past, the single of today is empowered and knows what he or she is worth. And that there is no pressure to hook up with anybody that comes along, just for the sake of being with somebody.

The modern day single has the power to make better choices, engage in more fruitful activities and expand networks. Gone are the days when you just choke on your food and fall silent when people ask why you're still taking on

private label right report #5

Here's What You Get:

How to Overcome Shyness

This report is **24 pages, single spaced**.
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HOW TO OVERCOME SHYNESS

Why Are We Shy?

When we think of someone being shy, we may think of a child who is hiding behind the leg of her mother because she fears strangers. Shyness was once considered to be an asset for little girls as well as women because it was associated with modesty. I can remember my daughter hiding behind my leg when she was a little girl and thinking that it was so cute. I never saw shyness as an impediment and, like many other adults, found this type of behavior very "cute."

Shyness is not cute. To the contrary, it can cause you all sorts of problems in life. People who are shy are usually unable to express their feelings and have a much more difficult time when it comes to building relationships. My daughter, for example, found it difficult to make friends as she got older and to talk to strangers at parties. While people found her to be cute as a child as she hid behind my leg, they found her to be aloof and unfriendly as she blossomed into adulthood.

Before we can overcome shyness, we have to figure out why we are shy. There is no easy answer to this question. Some people appear to be born shy and have a hard time coming out of their shell to others. Other people seem to be more outgoing. I have done a bit of research into what makes someone shy and found that two things often figure into shyness - birth order as well as a lower self esteem. It is also important to realize that shyness is not always so apparent. Some people, in an effort to not seem so shy will go off in the opposite direction and appear to be very outgoing when they are struggling, on the inside, to overcome this affliction. I can relate to this as I am one of those types of individuals. Others often find me to be outgoing, but in reality, I get a sick feeling in my stomach when I have to meet new people or exert myself in social situations.

Being shy does not mean that someone has a low self esteem, but it can be an indication that their self esteem is a bit more fragile than someone who is not shy and is not, as a result, self conscious. Through my research, I have found that those who are shy tend to be very sensitive individuals who often make the mistake of thinking that everyone's attention is focused on them. They are afraid to make a mistake, say something silly or do something that will cause others to notice them. They would rather fade into the background than call attention to themselves.

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5 OVERCOME SHYNESS ESSAYS

THE DIFFERENCE BETWEEN SHYNESS AND SOCIAL PHOBIA

"Everyone is shy—it is the inborn modesty that makes us able to live in harmony with other creatures and our fellows. Achievement comes not by denying shyness, but, occasionally, by setting it aside and letting pride and perspiration come first." - Kirkpatrick Sale

You step into the room full of strangers and look around. There's not a single person that you know there. Your heart starts pounding, your hands begin to sweat, and your mouth goes dry. Just as someone comes up to speak to you, your mind goes completely blank. You barely remember your own name and you'd tell them what it is if only you could speak. You're blushing so hard, you're positive you're as red as a lobster and those butterflies in your stomach are flying in formation.

Sound familiar? Almost everyone, at some point in their lives or another, has experienced these feelings of panic and disorientation. Even folks that seem like the life of the party have had moments like these. It's a common problem, more common than you might realize.

Fifty percent of the population in the USA say they're shy and eighty-nine percent of these shy people say they've been shy all their lives. Only eleven percent, of the population says they've never been shy. The good news is that seventy-eight percent of these shy people believe they can overcome their shyness.

Doctors feel that this shyness is wired right into your nervous system. Your brain is constantly taking in information and processing it; and whenever you think again of an experience you've had, your brain will respond in exactly the same way as when it first happened, reinforcement as it were. Your conscious mind knows the difference, but your subconscious mind just processes the information and stores it with everything else. Social phobia has become the third most prevalent psychiatric disorder.

In this report, we'll discuss the whys and wherefores of shyness. There are ways to overcome this social phobia and we'll discuss how to apply them in your own life. It is possible to feel calm and comfortable in social situations.

WHAT YOU CAN DO TO OVERCOME SHYNESS

"The way you overcome shyness is to become so wrapped up in something that you forget to be afraid." - Lady Bird Johnson

As a shy person you know how hard it is to step out of your own, shy, little world and take the risk of rejection, even knowing that it might or might not happen. But in order to live a full, rich life, you must defeat the fear; in effect, you must change your whole attitude.

Up to now, as a shy person, you've experienced frustration, anger, guilt, maybe even a bit of self-loathing, for what you perceived to be a weakness in yourself. That's part of what you must change. Rid yourself of that frustration, anger, guilt, and self-hate. In the long run they are useless emotions and just get in the way of your healing.

You've experienced a certain amount of self-centeredness, thanks to your shyness. Let's face it, you've been too shy even to think of others' feelings. You've had such a preoccupation in your own self-consciousness, there wasn't anything left for others. And the more self-centered you've been, the more intense the shyness you suffered. This is where the change of attitude comes in. It's time to put aside the neurotic self-interest and consider the needs of others.

It's time to move from those withdrawal tendencies and expand your network of human contacts. It's time to 'break the ice' in social situations and make new friends.

So, exactly how do you go about expanding your social network? Making friends is like any other skill; it takes practice. The best way is to start small. Attending a huge social function is not the way to go; that's way too intimidating. You may think you have to go to places like bars to meet someone new. This is not a good idea. You will most likely only meet very troubled people there.

If you're a student, try striking up a conversation with other students in your classes or at the student center. You'll discover there are a lot of people just like you, shy people who just want to make some new friends too.

ARE YOU SHY?

"Many great ideas have been lost because the people who had them could not stand being laughed at." - Author Unknown

Psychologist Jonathan Creek of Wellesley College says that "situational shyness, such as feeling shy around a new co-worker or person of the opposite sex to whom we're attracted to, can help to facilitate cooperative living; it inhibits behaviors that are socially unacceptable." In this case, shyness can be a good thing; it prevents us from making fools of ourselves, or from hurting others' feelings.

Some people like to get to know others more by observation than interaction, but they're happy that way. For the shy person, the desire to interact is at war with their desire to remain isolated. They want to be successful in social situations, but are afraid they simply can't handle all that entails. They desire acceptance, but at the same time are afraid of being judged by others. This creates such conflict they may become frozen, and unable to move in any direction.

Are you afraid to take a risk? Perhaps you always anticipate the worst and fearing the outcome; you avoid the pain by avoiding the situation altogether. It could be simply fear of the unknown. Sometimes a single bad experience can grow into a habit as you continue to choose to flee or avoid any situation in which you feel uncertain.

Many doctors who work with shy people describe them as being self-centered, more preoccupied with what kind of impression they're making to care about anyone but himself or herself. They are so worried about what others will think of them that they are incapable of concern about the welfare of others.

Those plagued by shyness may be seen as less than friendly by others, maybe a bit standoffish, even cold in some circumstances. It's evident that compared to other people, they are not as assertive, due to their quiet nature in some settings. On the whole, they are certainly not viewed as negatively as they might fear. Because they are shy, they are definitely more sensitive to negative feedback than the average person is. They probably even see themselves in a more negative than positive light.

THE CONSEQUENCES OF SHYNESS

"The shy man does have some slight revenge upon society for the torture it inflicts upon him. He is able, to a certain extent, to communicate his misery. He frightens other people as much as they frighten him. He acts like a damper upon the whole room, and the most jovial spirits become, in his presence, depressed and nervous." - Jerome K. Jerome

For the non-shy person, functioning in the normal world can be difficult, but they can still get out and about, socialize, meet people, work, and have a life. For the shy person, however, it's more than difficult; it's energy sapping, mind numbing, and nerve wracking on a daily basis. Just getting through an average day is enough to leave them exhausted and trembling.

Shy people date a lot less than the non-shy, and have fewer friends. They are less expressive and verbal; in fact, the less they have to speak, the better they like it. Even a simple conversation creates quite a problem, as you might imagine for the shy person. They're so busy wondering what the other person is thinking of them, that they fail to concentrate on the conversation itself. They are in fact, so busy living in their own heads, trying to be perfect, that they don't learn to express themselves very well. Shy people are self-conscious, sometimes painfully so, and that gets in the way of every interaction in their lives.

Shy individuals have a bad self-image and report more negative thoughts on a daily basis than the non-shy person. Interacting is so difficult and painful for them, that they tend to avoid any and all social occasions. Unfortunately, that means they are lacking in social skills as well. Social skills are a learned thing and need to be practiced. The more they see themselves as awkward, socially inhibited, unfriendly and even incompetent, the less they want to socialize, the more they avoid any and all social occasions.

Fear of interacting with the opposite sex keeps many shy people from dating. They may see themselves as unattractive and awkward; after all, they don't even know how to talk to the opposite sex. They make up their minds that they're unwanted, undesirable, maybe even unlovable. They expect rejection, and will take themselves out of the game before the supposed rejection can take place.

HOW TO BE A GOOD CONVERSATIONALIST IN SPITE OF YOUR SHYNESS

"Good conversation is what makes us interesting. After all, we spend a great deal of our time talking and a great deal of our time listening. Why be bored, why be boring, when you don't have to be either?" - Edwin Newman

Absolutely everyone has to communicate all the time. There's no way to avoid it forever. No matter what walk of life you find yourself in, talking to other people is a necessity.

In order to succeed in business and in interpersonal relationships, you must be able to speak with others. Some have no trouble giving presentations at work, yet have great difficulty making small talk at parties. Different situations require different reactions; this is what keeps the shy person out of the game.

In order to get what you want and need in life, in order to negotiate for your benefit or that of others, it's essential that you be able to communicate, to connect with the world.

Body Language

The first step in this essential communications is your body language. A smile is the opening salvo in this battle to communicate with the world. A smile says, "I'm friendly and I'd love to talk with you." Add to that friendly smile, a "hello" and you have the perfect conversation opener. Couple the smile and the hello with a firm handshake and you now have a perfect icebreaker.

Now your stance says a lot about you too. An open stance (arms to your sides) indicates a readiness to communicate. Standing with your arms folded says, "I'm not open to talk, leave me alone."

Leaning forward slightly, when listening to others speak, shows you're interested in them and in what they are saying. This will make others more comfortable and inclined to talk with you. Leaning away from the speaker indicates a desire to escape, that you're basically disinterested in what he has to say.

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BUILDING SELF ESTEEM PLR ARTICLE PACK



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- Womens Self Defense and Pressure Points.txt
- Womens Self Defense and Purse Snatching.txt
- Womens Self Defense and Rape.txt
- Womens Self Defense and Safe Dating Practices.txt
- Womens Self Defense Dos and Do Nots.txt
- Women's Self Defense Fad or Necessity.txt
- Womens Self Defense in the Military.txt
- Womens Self Defense the Right Way.txt
- Womens Self Defense Tips.txt

WOMEN SELF DEFENSE PLR ARTICLE PACK



SELF CONFIDENCE PROFIT PACK

PLR article pack #6

Name

- Are-you-Thinking-on-Auto-Pilot.txt
- A-Unique-Way-to-Improve-Cognitive-Abilities-Help-your-Kids-with-Homework.txt
- Brain-Exercises-can-help-Reduce-the-Risk-of-Mental-Illness.txt
- By-Experiencing-New-Things-in-your-Life-your-Brain-will-be-Healthier.txt
- Can-Aromatherapy-Stimulate-your-Brain-Activity.txt
- Doing-your-Math-by-Hand-is-a-Great-way-to-Keep-your-Mind-Active.txt
- Encourage-Learning-by-taking-on-a-new-Hobby.txt
- Higher-Education-as-an-Adult-can-help-to-Exercise-the-Brain.txt
- How-can-I-Improve-my-Memory.txt
- Improve-your-Memory-with-Brain-Exercises.txt
- Learn-a-New-Word-Every-Day-to-Exercise-your-Brain.txt
- Lifestyle-Habits-that-will-Assist-you-with-Maintaining-a-Healthy-Mind.txt
- Not-Getting-Enough-Physical-Exercise-can-Reduce-your-Cognitive-Abilities.txt
- Playing-Games-is-a-Fun-Way-to-Exercise-your-Brain.txt
- Reading-is-Great-Exercise-for-the-Mind.txt
- Stimulate-your-Brain-each-Morning-before-you-get-out-of-Bed.txt
- Tips-to-Consider-when-you-are-Working-to-Improve-the-Way-you-Think.txt
- Traveling-is-Considered-to-be-a-Great-way-to-Improve-your-Thinking-Process.txt
- Use-your-Hands-to-Stimulate-your-Brain.txt
- Walking-Offers-Great-Benefits-for-your-Brain-Activities.txt
- What-are-Neurobics.txt
- What-are-the-Benefits-of-Exercising-your-Brain.txt
- What-you-Eat-can-Improve-the-way-that-you-Think.txt
- Why-Learning-a-New-Language-is-a-Great-Way-to-make-your-Brain-Healthier.txt
- Writing-Down-your-Thoughts-can-Improve-your-Thinking-Process.txt

BRAIN EXERCISING PLR ARTICLE PACK



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