



Removing the Mask: Your path to Authentic Confidence

Sifu Romain

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Are you successful in some ways but underneath still feel that you could be stronger and feel more confident? Have you ever put off asking an appealing person out? Do you feel that you are inferior to those around you? Afraid to show your real self because of a fear of rejection? This is what we call the "mask". Many people live behind masks because they are afraid that people won't accept them for who we are and lack the self-confidence to believe in themselves. This course will reveal how you can find the self-confidence inside yourself to be the person you have always wanted to be and do the things you always wanted to do. You will learn what true self-confidence is, how to nurture yourself so that you stop the habits that sabotage you and start building the mindset that will allow you to be your authentic self.

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