



Confidence

By Rob Yeung

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Confidence By Rob Yeung

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Review

“Important, accessible and research-based. *Confidence* will be of use to many people.”

Adrian Furnham, Professor of Psychology, University College London

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About the Author

Dr Rob Yeung is a chartered psychologist of the British Psychological Society with a PhD in psychology from the Institute of Psychiatry (part of King's College London). He coaches individuals on both business performance and life issues. He is the author of over 20 books which have been translated into dozens of languages worldwide.

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