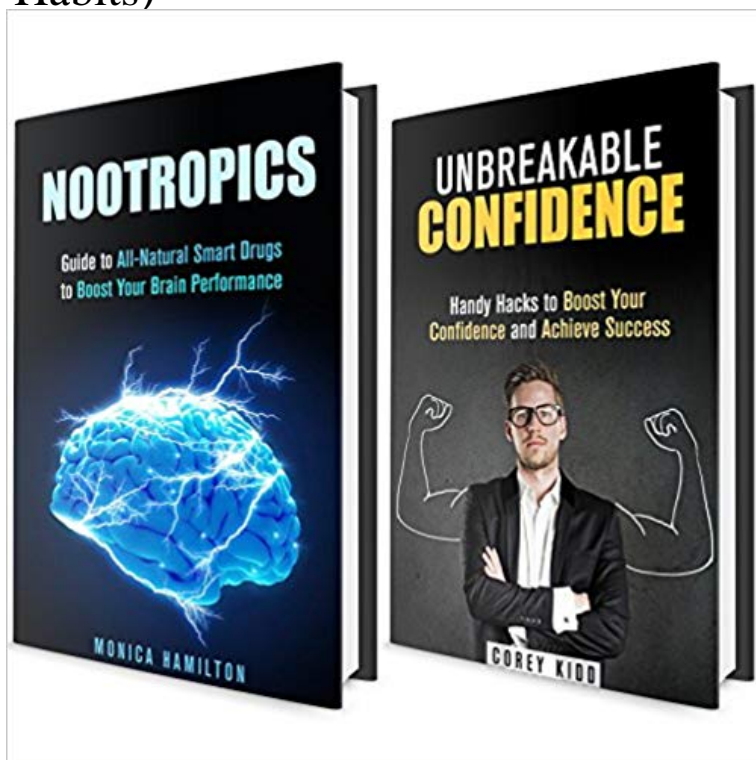


Unbreakable Confidence Box Set: Handy Hacks and All-Natural Smart Drugs to Boost Your Confidence Lever and Brain Performance (Effective Habits)



Unbreakable Confidence Box Set (2 in 1)
Book One: Unbreakable Confidence: Handy Hacks to Boost Your Confidence and Achieve Success Why do some people get all the dates (even if they are not necessarily the most attractive person in the room)? Why do others get all the prestigious work assignments (even if they are not the most technically competent person in the office)? They have a special something that sets them apart from other people, something that makes others want to like them and want to support them. That special ingredient is confidence. A belief in themselves and their abilities and you know what? You can have it too! Inside You Will Learn: Why self confidence is so important; How to differentiate between confidence and arrogance; The common reasons why people lack self esteem; How to work out why you have confidence issues; How improving your self-confidence can have a positive effect on your romantic and family life; How to use self-confidence to get ahead in the workplace; How self-confidence can help you in social situations; Tips and tricks for building your confidence levels; And much, much more Illustrated with real life experiences and stories this book will help you to build your confidence so that you too can access all the benefits this important skill can bring to your life. Book Two: Nootropics: Guide to All-Natural Smart Drugs to Boost Your Brain Performance Do you suffer from brain fatigue? Are you looking for a way to boost your IQ and enhance your mental performance? Do you want to do all of this safely with supplements that have been proven to work? Then you may want to try nootropics! Nootropics are actually not a very new idea considering ancient civilizations used natural plant supplements in order to enhance their performance, but with careful consideration and studying, there are many who have

come up with combination that can greatly enhance your performance. In fact, numerous startup companies and entrepreneurs are turning to nootropics in order to compete on a larger scale! Nootropics can be natural or chemical supplements or drugs that are taken on a daily, weekly, or as needed basis that will enhance your brains performance when it comes to memory, learning, overall energy, and logical thinking. They affect the making of neurotransmitters in the brain, which then interact with receptors. This interaction causes your brain to perform better! In this book, you will find information pertaining to: How nootropics work Effects of nootropics Benefits of nootropics The different nootropics commercially available and their effects What to look out for in a supplement stack and how to create your own Nootropic side effects that are common and ones that should be looked out for And much more! So scroll up and grab a copy of this eBook as your comprehensive guide to nootropics!

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