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Leil Lowndes, internationally renowned life coach and bestselling author of How To Talk to Anyone, reveals how you can shine even in the most gruelling social situations. Whether it's mingling at parties, impressing at interviews or going on a hot date, Leil will turn your shyness and dread into co

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It signifies confidence. 3. At a restaurant, unless there is an established hierarchy, go for the seat at the end of the table facing the door. That is the power position. 4. Sit in the highest chair in a meeting or on the arm of the couch - but not higher than the boss! 5. Make larger, more fluid movements. Confident people's bodies occupy more space.

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Leil Lowndes, an internationally recognized communications expert, has conducted communication seminars for major US corporations, foreign governments and the US Peace Corps. She has appeared on hundreds of television and radio programmes, and is the author of the bestselling How to Make Anyone Fall in Love with You and How to Feel Confident, and her work has been translated into 19 languages.

~~How to Feel Confident : Leil Lowndes : 9780007320769~~

Leil explains how to:* Identify the reasons behind shyness - and address them* Overcome awkwardness at social gatherings* Master public speaking* Communicate fluidly* Banish fear to build fulfilling relationshipsHow To Feel Confident was previously published as Always In The Kitchen At Parties.

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Leil Lowndes's empowering book will give you the confidence to face any social situation with ease. Lowndes give you the confidence to shine in the most gruelling of social situations, whether it's mingling at parties, impressing at interviews or going on a hot date.

Say hello to new friends, new business opportunities, new love, and new confidence Okay, so you're shy. Here are 85 proven techniques to help you conquer your shyness and change your life for good. No psychobabble. No nonsense. These tested "ShyBusters" prepare you for that upcoming party, work function, interview, date, and the rest of your life. As someone who overcame debilitating shyness herself, professional speaker Leil Lowndes used this method to become a confident woman who has been interviewed on hundreds of TV and radio shows and has spoken to crowds of 10,000. You'll soon be making "fearless conversation" with people who used to intimidate you. You'll learn how to win the love you deserve and ask for whatever you want. You will

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overcome embarrassing stammering, sweating, clamming up, and wishing you were invisible. Good-Bye to Shy will show you how to: Make a stronger impression at work, at parties, in any situation Feel more relaxed around people, make eye contact, and spark conversations Boost your career, jump-start your social life, and open your heart to new possibilities Say Good-Bye to Shy--and hello to the happy, loving, confident person who's been hiding inside you.

Would you like to have the confidence to go for anything you want in life? Paul McKenna Ph.D. is the world's leading hypnotist and Britain's most successful self-improvement author. In this groundbreaking new book, he reveals the secrets of mastering your emotions and living with a greater sense of ease and certainty than ever before. You will learn how to push the 'off' switch for fear and desperation and create massive amounts of confidence and motivation in just a few moments. Before you've even finished the book, your whole attitude to life will begin to change for the better! Would you like to feel strong in difficult situations? Whether you want to feel totally confident in business, romance, or any other area of your life, Paul will walk you step by step through a series of simple yet powerful techniques normally only available to his private clients and seminar attendees. In addition, the book comes with a free hypnosis audio download which uses the latest psychological techniques to fill your mind with positive thoughts and feelings. Each time you listen, you will be re-enforcing positive optimism and programming your mind for success. If you're ready to feel completely comfortable in yourself and finally achieve what you are truly capable of, this book is for you!

Here, from bestselling author Leil Lowndes, is a surefire guide to love for anyone seeking romantic bliss. In How to Make Anyone Fall in Love with You readers will find 85 techniques based on scientific studies regarding the nature of love, including: Finding potential love partners Making an unforgettable first impression Dodging "love bloopers" Establishing sexual rapport By using these pragmatic, down-to-earth strategies, anyone can turn new or casual relationships into lasting ones--or make current relationships deeper.

"You'll not only break the ice, you'll melt it away with your new skills." -- Larry King "The lost art of verbal communication may be revitalized by Leil Lowndes." -- Harvey McKay, author of "How to Swim with the Sharks Without Being Eaten Alive" What is that magic quality makes some people instantly loved and respected? Everyone wants to be their friend (or, if single, their lover!) In business, they rise swiftly to the top of the corporate ladder. What is their "Midas touch?" What it boils down to is a more skillful way of dealing with people. The author has spent her career teaching people how to communicate for success. In her book How to Talk to Anyone (Contemporary Books, October 2003) Lowndes offers 92 easy and effective sure-fire success techniques-- she takes the reader from first meeting all the way up to sophisticated techniques used by the big winners in life. In this information-packed book you'll find: 9 ways to make a dynamite first impression 14 ways to master small talk, "big talk," and body language 14 ways to walk and talk like a VIP or celebrity 6 ways to sound like an insider in any crowd 7 ways to establish deep subliminal rapport with anyone 9 ways to feed someone's ego (and know when NOT to!) 11 ways to make your phone a powerful communications tool 15 ways to work a party like a politician works a room 7 ways to talk with tigers and not get eaten alive In her trademark entertaining and straight-shooting style, Leil gives the techniques catchy names so you'll remember them when you really need them, including: "Rubberneck the Room," "Be a Copyclass," "Come Hither Hands," "Bare Their Hot Button," "The Great Scorecard in the Sky," and "Play the Tombstone Game," for big success in your social life, romance, and business. How to Talk to Anyone, which is an update of her popular book, Talking the Winner's Way (see the 5-star reviews of the latter) is based on solid research about techniques that work! By the way, don't confuse How to Talk to Anyone with one of Leil's previous books, How to Talk to Anybody About Anything. This one is completely different!

Straight-from-the-hip advice on how to find, date, and land that special person In this follow-up to her international bestseller How to Make Anyone Fall in Love With You, Leil Lowndes explains why, when it comes to the quest for true romance, no one needs to settle for anything less than Mr. or Ms. Right. Whether it's someone rich and classy, drop-dead gorgeous, with a high IQ, or truly honorable that a reader finds most desirable, Leil Lowndes shows how to weed out the frogs and find your own true prince or princess. Combining Lowndes's trademark wit and sage insights into human behavior with easy-to-master strategies and techniques, UpDating!: Offers readers a complete program for screening out the duds and finding, dating, and capturing the man or woman of their dreams Arms readers with different sets of techniques for attracting different categories of mates, including the gorgeous, the smart, the rich, the honorable, and others Helps romance seekers overcome selfdoubt, feel and act more confident, and be their best selves

This sequel to Leil's international top selling "How to Talk to Anyone" makes you a master communicator with 96 all new cutting-edge communication "Little Tricks" for big success in business and social relationships--in person, by email, and on the phone. It has been praised as the 21st century version of "How to Win Friends and Influence People," and was nominated one of the five best books in psychology by "Books for a Better Life!" The author introduces the psychologically sound concept, "Emotional Prediction" or E.P. which you can employ with everyone. Here are the ten sections of the book: 7 Little Tricks to Make a Great Impression Before People Even Meet You 11 Little Tricks to Take the "Hell" Out of "Hello," and Put the "Good" in "Good-bye" 12 Little Tricks to Develop an Extraordinary Gift of Gab 10 Little Tricks to Actually Enjoy Parties 5 Little Tricks to Handle the Good, the Bad, and the Bummers 12 Little Tricks to Avoid the 13 Most Common Dumb Things You Should NEVER Say or Do 13 Little Tricks to be a Cool Communicator 11

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Little Tricks to Give Your E-Mail Today's Personality and Tomorrow's Professionalism 10 Little Tricks to Make an Impression on your Cell (A.K.A. "Phone") 5 Little Tricks to Deepen the Relationships You Already Have

Be a people magnet! Improving your people skills and becoming a people-person is a surefire route to success, happiness, and confidence. We've all looked enviously across the room at that person who seems to effortlessly interact with everyone - humorous, confident and well liked. That person is confident with people they don't know, they have no fear of rejection, they can handle difficult situations with apparent ease. Well now you can too. How to Talk to Absolutely Anyone will show you exactly how to develop better communication for better results. With Mark Rhodes sound advice you will be able to build rapport with absolutely anyone. Learn how to:

- Overcome fear of rejection
- Be confident with people you don't know
- Deal with difficult situations
- Get better outcomes from disputes
- Communicate better to win you more business and more sales
- Be more effective at networking at both business and social events

From internationally renowned relationships expert Leil Lowndes comes this easy-to-read blend of tips, tricks and advice to charm anyone. This is the ultimate guide to the art of charming everyone you meet.

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