

## CONFIDENCE YEUNG ROB%0A

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[Confidence: The Art of Getting Whatever You Want by Rob Yeung](#)

Actually, this book is quite practical and sensible in its approach to developing confidence. I was bit shy to carry this book around because of its extremely "self-help" title so I covered it with a piece of white paper.

[confidence | Dr Rob Yeung](#)

It's easy to feel anxious, sad, irritated or otherwise negative when we find ourselves in difficult situations but sometimes this is because of the messages that we tell ourselves (i.e. the beliefs that we have) rather than the reality of those situations.

[Confidence: The Key to Achieving Your Professional Best ...](#)

In Part I, Yeung teaches the specific skills and behaviors you'll need, including developing bullet-proof beliefs, setting confident goals, behaving with confidence, dealing confidently with setbacks, drawing on the resources you already have, and creating a confident future. Then, in Part II, Yeung shows you exactly how to put these skills to work: in public speaking and presentations.

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About the Author: Dr. Rob Yeung is a chartered psychologist and author of over a dozen books including the bestseller Confidence (for Pearson's Prentice Hall imprint) and two books for Capstone: How To Win and How To Stand Out.

[Rob Yeung - Wikipedia](#)

Rob Yeung (Ph.D.) is a British psychologist, business speaker, and management author. He has published research studies on personality in academic journals, particularly Personality and Individual Differences.

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Dr Rob Yeung is a chartered psychologist and author of over a dozen books including the bestseller Confidence (for Pearson's Prentice Hall imprint) and two books for Capstone: How To Win and How To Stand Out.

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