



The Tender Heart: Conquering Your Insecurity

Joseph Nowinski

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Insight, explanations, and practical solutions for overcoming insecurity and sensitivity -- from a top psychologist

In simple language, Joseph Nowinski explains that insecurity is not a flaw or shortcoming, but rather a personality trait that reflects both temperament and life experiences. And, most important, he shows how insecurity can be conquered so that one can thrive -- especially in work and love.

The first book to investigate insecurity, *The Tender Heart* sheds light on its common causes and provides guidelines for overcoming the self-doubt, debilitating self-consciousness, and chronic lack of confidence that prevent many people from enjoying life to its fullest. Combining personality quizzes and case histories of people who have conquered their insecurities, *The Tender Heart* offers expert advice on:

1. Healing insecurity
2. Avoiding emotional predators who seek out sensitive people
3. Coping with a tough-hearted partner or colleague
4. Finding your emotional mate
5. Raising children who are self-confident

The Tender Heart is for anyone who has experienced times when their own insecurity or the insecurity of others has interfered with valued relationships or prevented them from realizing their potential.

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Michelle Jennings:

Why? Because this The Tender Heart: Conquering Your Insecurity is an unordinary book that the inside of the book waiting for you to snap it but latter it will jolt you with the secret that inside. Reading this book alongside it was fantastic author who else write the book in such incredible way makes the content on the inside easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of rewards than the other book get such as help improving your talent and your critical thinking way. So , still want to postpone having that book? If I ended up you I will go to the book store hurriedly.

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Sue Randall:

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