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# ARE YOU GOOD ENOUGH?: 15 WAYS TO BUILD A CONFIDENT MINDSET



John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Are You Good Enough?: 15 Ways to Build a Confident Mindset, Bill McFarlan, Alex Yellowlees, Following the success of Drop the Pink Elephant, Bill McFarlan and leading psychiatrist Dr Alex Yellowlees from The Priory, offer explanations about what affects confidence and practical advice to build confidence to become a happy, well-rounded individual. Whether you are leading a high powered corporate lifestyle, at home raising a family, studying at university...

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- Authored by Bill McFarlan, Alex Yellowlees
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