



# 30 Days to a Stronger, More Confident You

*Deborah Smith Pegues*

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# 30 Days to a Stronger, More Confident You

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**30 Days to a Stronger, More Confident You** Deborah Smith Pegues

Is insecurity robbing you of life's fullness?

You can understand and overcome the fears that limit you. And you can build the confidence you need to reach your personal and professional goals.

*30 Days to a Stronger, More Confident You* uses biblical and present-day examples to help you discover the secrets to bold and fearless living at home, at work, and at play. Strategies such as resting in God's Word, resisting intimidation, and remembering past victories provide an effective plan of attack on self-doubt. You'll also learn how to

- value individuality
- establish boundaries
- conquer perfectionism
- empower others
- embrace success

Through Scripture-based principles, heart-searching personal challenges, and healing prayers and affirmations, you will discover the path to a more successful you.

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