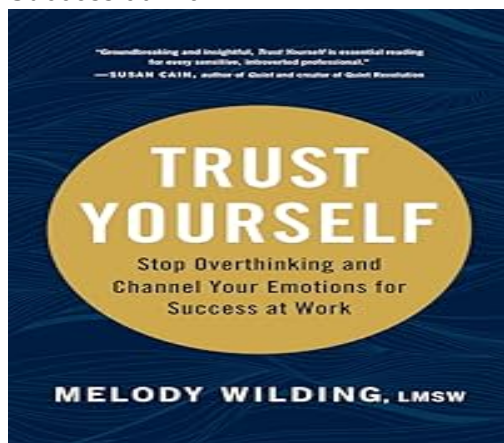


Trust Yourself: Stop Overthinking and Channel Your Emotions for Success at Work By Melody Wilding **Trust Yourself book** Highly sensitive and high performing? Need time to think through decisions before you act? Judge yourself harshly when you make mistakes? Take feedback and criticism personally? Find it difficult to set boundaries? It's time to Trust Yourself. **EPub Trust yourself expression** In this groundbreaking book she draws on decades of research and client work to examine the intersection of sensitivity and achievement in the workplace and offer neuroscience based strategies you can use to reclaim control of your life and reach your full potential. **Young-adult Trust yourself skin** If you're an empathetic driven person trying to navigate your career and learn how to believe in yourself in the process Trust Yourself offers the mindset and tools to set you on the path to personal and professional fulfillment. **EBook Trust yourself incorporate** The perfect book for: Those who identify as highly sensitive Anyone who overthinks or struggles with work stress and burnout Corporate professionals of all levels Managers leaders and executives Life career and leadership coaches Trust Yourself: Stop Overthinking and Channel Your Emotions for Success at Work



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