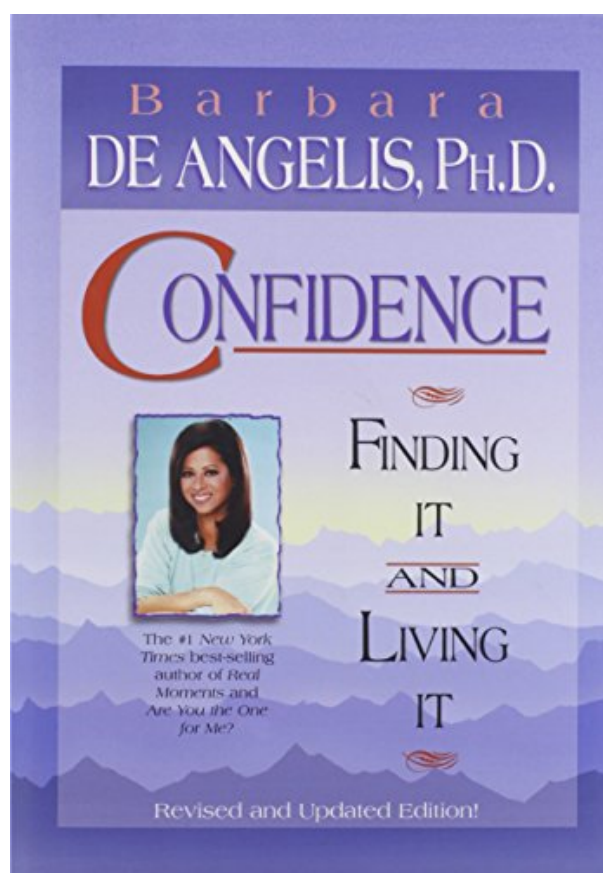


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Barbara De Angelis, Ph.D., is one of the most influential teachers of our time in the field of personal and spiritual growth. For the past 20 years, she has reached tens of millions of people throughout the world with her positive messages about love, happiness, and the search for meaning in our lives.

Barbara is the author of 14 books published in more than 20 languages. She has hosted her own television shows on CNN, CBS, and PBS, as well as producing and starring in her award-winning infomercial Making Love Work. She has been a practitioner and teacher of meditation for over 35 years.

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In Confidence: Finding It and Living It, best-selling author/lecturer Barbara De Angelis, Ph.D., offers a life-changing explanation of what true confidence really is, and shares practical tools for creating more power and passion in your work and relationships. You'll learn:

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 - how to develop spiritual and emotional confidence; and
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Anyway back to the book. The author does a masterful job at not only defining confidence but, then takes you down a path to help you identify your saboteurs and develop "true" confidence.

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