

Courage Overcoming Fear And Igniting Self Confidence **Debbie Ford**

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Name 3 things that I was skeptical about. Honestly, nothing really I think her tactics would be effective and helpful to anyone in sports. 5 ideas related to Sport Psychology that I learned QUOTES "Insanity is doing the same thing over and over again and expecting a different

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The Courage Club: Overcoming Fear and Igniting Self-Confidence

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Debbie's book, *Courage: Overcoming Fear and Igniting Self-Confidence* is a prerequisite to taking this course. In eight powerful lessons, you will learn the following techniques, tools and guiding principles. Lesson Details: Lesson 1: Embark on the Journey to Courage

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Editions of Courage: Overcoming Fear and Igniting Self ...

The greatest act of courage is to be and to own all of who you are — without apology, without excuses, without masks to cover the truth of who you are. -Debbie Ford, *Courage: Overcoming Fear and Igniting Self-Confidence*

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