

Practical Ways to Improve Your Confidence (and Why You Should)

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Self-confidence is a bit like the running water in your house. You may not know every detail about how it works or where it comes from, but it's painfully obvious when it's not there. Like when your water is shut off, a dearth of self-confidence has a huge negative impact on your health and lifestyle. Fortunately, there are things you can do to shore it up.