



Perfect Confidence

Jan Ferguson

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Perfect Confidence is the ideal companion for anyone who wants to boost their self-esteem. Covering everything from communicating clearly to handling conflict, it explains exactly why confidence matters and equips you with the skills you need to become more assertive. Whether you need to get ahead in the workplace or learn how to balance the demands of friends and family, *Perfect Confidence* has all you need to meet challenges head on.

The *Perfect* series is a range of practical guides that give clear and straightforward advice on everything from getting your first job to choosing your baby's name. Written by experienced authors offering tried-and-tested tips, each book contains all you need to get it right first time.



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