



Complete Confidence Updated Edition

Sheenah Hankin

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Confident people react positively and successfully to life's problems and challenges. Those who lack confidence often view themselves as victims—blaming others or bingeing on drugs, sex, food, or alcohol to mask their feelings of shame or worthlessness.

In *Complete Confidence*, renowned psychotherapist Dr. Sheenah Hankin points the way to a confident life free of self-criticism, anxiety, and immature anger. Her Winning Hand of Comfort technique is a clear, concise, and powerful prescription for dealing with everyday situations—from resolving conflicts to ending unhealthy habits like overeating, complaining, and procrastinating. This essential handbook will teach you how to retrain your brain to manage your emotions and put your problems into perspective. You will learn how to calm down, clarify your thinking, challenge your blame habit, comfort your negative feelings, and achieve confidence. That is Dr. Hankin's promise.

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