

SELF-CONFIDENCE TRANSFORMATION



RESOURCE CHEAT SHEET

Building confidence when you are naturally low in self-esteem is not something that comes easily. Rather, it is something that takes a huge amount of time, patience and perseverance.

Fortunately, there are things out there that can help. This resource sheet will continue your education by providing you with further reading, from articles, to websites, to books, to YouTube channels.

Charisma on Command (YouTube Channel)

Charisma on Command is a YouTube channel that discusses what it takes to come across as having more charisma, to better influence people, to be more persuasive and generally to master social interactions to the point that you are more charming, more confident and more successful.

The channel is filled with useful tips and it's particularly interesting when it breaks down the way that celebrities interact in interviews in order to keep the audience engaged. There's an awful lot to learn from these people and this YouTube channel breaks it down in an engaging way that's easy to follow and very entertaining.

I Am Alpha M (YouTube Channel)

Alpha M is a YouTube channel that is aimed primarily at men. The main focus here is on fashion and style, but there are plenty of other videos on how to talk in an inspiring manner, how to entertain, how to settle disputes, how to be more charismatic etc. Aaron (who runs the channel) is himself very engaging and charismatic and the whole package is something highly inspiring, interesting and fun to watch.

Dulce Candy 87 (YouTube Channel)

There are plenty of different channels like this for women. However, Dulce Candy's channel is one that is particularly worth checking out. It features lots of how-tos, lots of hair tutorials and style videos... in general it is a great channel for helping with style but also making you feel and look great generally.

How to Make Friends and Influence People (Book)

This book from Dale Carnegie is one of the all-time classics when it comes to social interactions and becoming more influential, more confident and basically more successful in your social interactions. The book has stood the test of time and is still among the most recommended titles in the genre. It promises to help make you more popular, to help you gain new friends, to get you out of a 'mental rut' and even to help you with influence.

Pre-Suasion (Book)

One of the best books out there on persuasion, this title takes a slightly different approach by looking at the role of persuasion in terms of the 'pre game'. The notion is that when you speak to most people and try to persuade them on a given topic, their mind is really already made up.

This is where the real work comes in. It's by persuading people before you encounter them even and it's about speaking to the *right* people in order to ensure a victory. It's great for business but can also be highly useful in a range of other settings.

The Game (Book)

This book by Neil Strauss takes an inside look at the underground world of pick-up artists and looks at the techniques they use to meet women.

Before you move on, hear me out. Yes, this is a very useful book for men who want to improve their game in bars and generally with the opposite sex. However, it's also useful for women and for guys in happy relationships. That's because the key focus here is actually on how to go about building your confidence to the point where you aren't afraid to approach and speak to strangers. Moreover, it's about understanding the subtle social signals we send and how to manipulate these such that you come over as being more of a 'catch' than perhaps you would be on paper.

The exercises in here are game changing and I recommend everyone to try this book!

The Neuroscience of Highly Productive Flow States (Article)

<http://www.thebioneer.com/neuroscience-of-flow-states/>

This article discusses flow states. That means what they are, how to access them and how they pertain to not only enhanced performance but also greater confidence, great happiness and reduced stress and social anxiety. It's worth a read and this topic in general is one that I suggest you research.

Happy (Book)

This book by Derren Brown looks at how to be happier with who you are and it challenges a lot of ideas that are often taken for granted within the self-help niche. In particular, Derren challenges ideas of goal setting, visualization and suggests that what is more important is to focus on enjoying what you have and being appreciative. This is actually a key way to be more confident as suddenly, you've already won the game. Derren uses concepts from Stoicism and other ancient philosophy to great effect.

Headspace (app)

This app is a tool for developing your skills with meditation. Meditation can help you to overcome anxiety, to improve your sense of calm and happiness and even to improve your cognitive function by increasing your neural tissue and slowing your brainwaves. This is a perfect starting point and the first ten lessons are free. Once you have the idea down, you can pay for the rest or you can choose to pursue it alone.

Therapy for Anxiety Disorders (Article)

<https://www.helpguide.org/articles/anxiety/therapy-for-anxiety-disorders.htm>

This article looks at the role of CBT in treating anxiety disorders and shows how it can be used to address stress and social anxiety. CBT is indeed the most powerful and effective tool at combating these shortcomings and it is highly recommended for anyone that experiences stress or social anxiety on a regular basis. Start with this primer.

59 Seconds (Book)

This is a book that looks at many common self-help suggestions in a manner similar to Derren Brown's *Happy*. The difference is that the objective here is not necessarily happiness and that it is more interested in looking at what the science and the research says, rather than the old-school philosophers.

Some of the advice here goes against the grain but it is far more effective than following simple hearsay!